

Do Life Fit 24 Day Challenge

Phase 2

Day 20 – FULL BODY

- *Warm up for 5 minutes with a cardio of your choice.*
- *Perform all the exercises back to back taking no to very little rest in between exercises.*
- *Take a one to two-minute break at the end of the round before repeating.*
- *Perform 3 complete rounds.*
- *Do 8 – 12 reps each exercise.*

1. Squat with dumbbells
2. Flat bench or stability ball chest press with dumbbells or band.
3. Bent over dumbbell flys.
4. Superman.
5. Alternating front and lateral shoulder raises with dumbbells or band.
6. Bicep curls with dumbbells or band.
7. Overhead shoulder press with dumbbells or band.
8. Triceps overhead extensions with dumbbell or band.

- *STRETCH*
- *DO NOT FORGET TO DRINK PLENTY OF WATER*