Want a quick total body workout? This simple routine targets all the major muscle groups with classic moves you’ll easily recognize. This one’s quick and dirty!

**Equipment:** Dumbbells

**How to:**
Warm up with light cardio
Do each exercise for the suggested reps.
Repeat each exercise for 1-3 sets or do each move, one after the other in a circuit, repeating 1-3 times.

**SQUATS WITH DUMBBELLS**

Holding dumbbells (5-20 lbs), stand with feet hip-width apart keep the abs engaged, bend the knees and lower into a squat, keeping the knees behind the toes and the back straight. Push into the heels to stand up.
Repeat for 12-16 reps.

**LUNGE**

Holding dumbbells (8-20 lbs)
Stand in a split stance, with feet about 3 feet apart. Bend the knees and lower the back knee towards the floor keeping the front knee behind the toe. Keep the torso straight and abs in as you push back up.
Repeat for 12-16 reps on each side.

**CHEST PRESS**

Lie on the floor or a bench and take the weights up, palms facing out. Bend the elbows and lower the arms until the elbows are just below the chest (like goal posts). Press the weights up without locking the elbows and repeat for 12-16 reps.

**OVERHEAD PRESS**

Hold weights (3-15 lbs) with elbows bent, weights next to ears. Press the weights up and overhead, then lower and repeat for 12-16 reps.

**DUMBBELL ROWS**

Holding weight (5-15 lbs), bend over and support the body with left hand. Bend the elbow and pull the weight up, squeezing the torso and taking elbow to torso level.
Repeat for 12-16 reps on each side.

**BICEPS CURLS**

Stand with feet about hip-width apart and hold weights (5-12 lbs). Without swinging, curl the weights up towards the shoulders, keeping elbows static.
Lower and repeat.
Repeat for 12-16 reps.

**KICKBACKS**

Hold weights (3-10 lbs) and bend over, back flat and abs braced. Pull the elbows up and keep them tight against the torso as you extend the arms straight back. Lower and repeat, and avoid letting the elbows droop.
Repeat for 12-16 reps.