



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



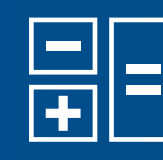
Diet Plans



Expert Guides



Videos



Tools

40 MINUTE BLAST - ABS, CARDIO, & RESISTANCE WORKOUT

A cardio, weights and abs workout perfect for those days when you need to do something fun at the gym. Simply grab a heavy and light set of dumbbells and go!

Link to Workout: <https://www.muscleandstrength.com/workouts/40-minute-abs-cardio-resistance-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 3 Weeks

Days Per Week: 3 Days

Time Per Workout: 40 Mins

Equipment: Bodyweight, Dumbbells

Author: John Gormen

40 Minute Blast

Exercise	Reps
Dumbbell Bench Press	10
Treadmill - Walking	30 Secs
Weighted Sit Ups	20
Treadmill - Running	30 Secs
Two Arm Dumbbell Rows	10
Treadmill - Walking	30 Secs
Plank	30 Secs
Treadmill - Running	30 Secs
Dumbbell Arnold Press	10
Treadmill - Walking	30 Secs
Lying Leg Raises	20
Treadmill - Running	30 Secs
Dumbbell Lunges	10
Treadmill - Walking	30 Secs
Floor Toe Reach	20
Treadmill - Running	30 Secs
Dumbbell Curls	10
Treadmill - Walking	30 Secs
Abdominal Air Bike	20
Treadmill - Running	30 Secs
Dumbbell Flys	10
Treadmill - Walking	30 Secs
Weighted Sit Ups	20
Treadmill - Running	30 Secs
Pull Ups	10
Treadmill - Walking	30 Secs
Plank	30 Secs
Treadmill - Running	30 Secs
Side Dumbbell Laterals	10
Treadmill Walking	30 Secs
Lying Leg Raises	20
Treadmill - Running	30 Secs
Goblet Squats	10
Treadmill - Walking	30 Secs
Floor Toe Reach	20
Treadmill - Running	30 Secs
Two Arm Seated Dumbbell Extension	10 Each Arm
Treadmill - Walking	30 Secs
Abdominal Air Bike	20
Treadmill - Running	30 Secs

Rest 15 - 30 Secs between each step of the workout. It's best to use 2 sets of dumbbells for this workout, a heavier set for the tougher lifts, and a lighter set for isolation movements. You can also set up near a dumbbell rack and grab dumbbells as you need them, if possible.

