



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



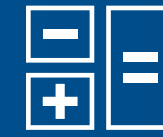
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NO KETTLEBELL, NO PROBLEM: DUMBBELL HIIT WORKOUT

You don't need the latest craze to get in a good high intensity, fat burning workout. No kettlebell, no problem! All you need for this cardio workout is a set of dumbbells.

Link to Workout: <https://www.muscleandstrength.com/workouts/kettlebell-dumbbell-hiit-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 2 Days

Time Per Workout: 60-75 Mins

Equipment: Dumbbells

Author: Holly Blumenberg

Dumbbell HIIT Workout

Exercise	Reps
Two Arm Dumbbell Swings	20
Right Arm Snatch	10
Left Arm Snatch	10
Two Arm Dumbbell Swings	20
Right Arm Clean & Press	10
Left Arm Clean & Press	10
Two Arm Dumbbell Swings	20
Right Single Arm Swings	10
Left Single Arm Swings	10
Two Arm Dumbbell Swings	20
Right Leg Lunge Pass Through	10
Left Leg Lunge Pass Through	10
Two Arm Dumbbell Swings	20
Thrusters	10
Two Arm Dumbbell Swings	20
Snatch Sit Ups	25
4 - Count Scissor Kicks	25

Complete 3 rounds of this sequence.

