



# Rev Up Your Metabolism

## Workout #1

This is the first workout for my 3 part series to Rev up Your Metabolism!

You can get a total body workout in just 20 minutes!

*Complete 3 Rounds!*



### Side 2 Side Jumps with a Kick

Start with feet together and knees slightly bent. Hop to the left and then do a side kick with your left leg. Repeat to the right.

Repeat 10X, Alternating Sides

## Tricep Dips with Leg Raise



Begin with both hands on the ground, butt raised and one leg straight up. Slowly lower down by bending elbows. Return to start.

Repeat 6X Each Side



## Alternating Knee Tucks

Start in a high plank position. Bring knee in to come as close to opposite elbow as possible. Return back to plank position and switch sides.

Repeat 12X, Alternating Sides



## Lawnmowers



Hold a dumbbell in your right arm and lean over to rest arm on left thigh. Raise dumbbell until top half of your arm is parallel to floor. Lower back down.

Repeat 12X Each Side



## Low Plank



Get down in a low position by resting on your forearms with whole body off the ground.

Hold for 30 seconds

## Lunge with a Bicep Curl

Hold a dumbbell in each hand, palms facing forward. Step forward into a lunge and curl dumbbells at the same time. Return back to standing and lower arms down.

Repeat 12X, Alternating Sides



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