

Death by Dumbbell Thrusters

Perform each move for 30 seconds of work with 30 seconds of rest between moves:

	Exercise	Work	Rest
1	Goblet Lateral Thrusters <i>Left</i>	30s	30s
2	Goblet Lateral Thrusters <i>Right</i>	30s	30s
3	DB 2-Arm Stepup Thrusters <i>Left</i>	30s	30s
4	DB 2-Arm Stepup Thrusters <i>Right</i>	30s	30s
5	DB 2-Arm Bulgarian Thrusters <i>Left</i>	30s	30s
6	DB 2-Arm Bulgarian Thrusters <i>Right</i>	30s	30s
7	DB See-Saw Thrusters <i>Left</i>	30s	30s
8	DB See-Saw Thrusters <i>Right</i>	30s	30s
9	DB Dead-Stop Box Thrusters	30s	30s
10	DB Dead-Stop 90-90 Thrusters	30s	30s

That's 1 round that takes 10 minutes to complete. Perform up to 3 total rounds.

