

Workout of the Month: May

30-Minute Muscle Multiplier

Equipment needed: A set of dumbbells, a stopwatch

How to Execute This Workout:

1. **Duration:** Perform each exercise for 30 seconds.
2. **Superset:** Complete Exercise 1, then transition immediately to Exercise 2 without resting. *(If an exercise is single-leg, ensure both legs are completed before proceeding.)*
3. **Rest:** After finishing Exercise 2, take a 30-second break.
4. **Rounds:** Repeat the specific pair (superset) three times before moving on to the next set.


Tempo: Maintain control over your movements—2 seconds up and 2 seconds down.

Superset A: Anterior Lower/Upper Superset B: Posterior Lower/Upper


Squats




Dumbbell Bicep Curls



Single Leg Glute Bridge
Each Leg 30 Seconds



Dumbbell Overhead Triceps



Superset C : Anterior Lower/ Upper

Single Leg Deadlifts
Each Leg 30 Seconds



Tricep Kickbacks



Superset D : Posterior Lower/ Upper

Alternating Lunges




Pushups



Superset E: Core

Bird dog



Crunches

