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MOVEMENT CO

Grounded Movement Co.

**[Slow + Low]**

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[www.groundedmovementco.com](http://www.groundedmovementco.com)

# GMC

## [SLOW + LOW]

# WORKOUT TASTER!

**Warm up:** 5 minutes of light to brisk walking. Feel free to cycle if you have an indoor bike.

**Equipment:** A set of dumbbells.

**Instructions:** Perform 12 reps of the exercise stated. Rest 30 sec. Repeat for 3 sets total before moving down to the next exercise on the list.

1. 3 x 12 **Dumbbell squats** (30 sec rest between sets).
2. 3 x 12 **Dumbbell bent over row** (30 sec rest between sets).
3. 3 x 12 **Dumbbell alternating reverse lunge** (30 sec rest between sets).
4. 3 x 12 **Dumbbell chest press** (30 sec rest between sets).
5. 3 x 12 **Dumbbell sumo squats** (30 sec rest between sets).
6. 3 x 12 **Dumbbell shoulder press** (30 sec rest between sets).
7. 3 x 12 **Curtsy lunge** (30 sec rest between sets).

### 3 rounds

12 x **Glute bridge.**

12 x **Alternating heel drop from bent knee position.**

12 x **Lying hip abductions @ side.**

**Rest 40 sec.** repeat.

**Cool down:** Take the time to stay on your mat for 5 minutes and do some stretches you enjoy doing. If you have a foam roller, take advantage of this!

