

Travel Time - All Dumbbell workout
Go from one exercise to next with only 30-45 seconds in between sets
Perform 3 sets of each exercise

	Bodypart	Exercise	Reps
1	Legs	Walking or Stationary Lunges	12
2	Back	One Arm Dumbbell Rows	10
3	Legs	Squats - Dumbbells at Side or hold 1 dumbbell between legs	12
4	Shoulders	Seated Laterals - hold dumbbell at top position for 1 second	10
5	Triceps	Kickbacks - One arm at a time	10
6	Biceps	Standing Alternating Dumbbell Curls	10
7	Chest	Incline Bench or Flat Bench press	10
8	Abdominals	Floor Crunches + Floor Leg Raises	15 + 15