

# NOVEMBER WORKOUT

24 min Full Body Burner- DB only

Complete 1 round of every exercise, then rest 1 min. Complete for a total of 4 rounds. Don't forget your post workout shake afterwards for proper recovery, decreased muscle soreness, and better results!

12 Squat + Press

12 alternating bicep curls

12 Bent over row

12 walking lunges

12 tricep kickback

