

## *Do Life Fit 24 Day Challenge*

### *Phase 2*

#### Day 17 – FULL BODY

- *Perform each exercise for 50 second, taking a 10 second break in between each exercise.*
- *Complete 3 to 4 full rounds. If the weights are too heavy to do 50 seconds, use lighter weights.*
- *After doing a full round, take a 1 to 2-minute break before doing another round again.*

1. 50 second sumo squat with weight.
2. 50 second triceps dips on a bench, steps, or the floor.
3. 50 second bent over rows with dumbbells or bands.
4. 50 second hammer curl with dumbbells or bands.
5. 50 second extra wide push-ups (on the knees optional)
6. 50 second seated Arnold dumbbell shoulder press.

- *STRETCH*
- *DO NOT FORGET TO DRINK PLENTY OF WATER*