

# BENFIT - HOME WORKOUT SERIES

Structured home training with dumbbells and a bench

## WORKOUT 1

### WARM-UP - 4 ROUNDS

1. 30 Mountain Climbers
2. 8 Inchworms
3. 12 T-Planks

### WOD - 3 ROUNDS

1. 12 Dumbbell Snatches
2. 21 Sit-Ups
3. 50 Glute Bridges

Train smart. Stay consistent.

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## WORKOUT 2

### WARM-UP - 4 ROUNDS

1. 12 Air Squats
2. 12 T-Planks
3. 20 Glute Bridges

### WOD - 4 ROUNDS

1. 8 Inchworm + T-Plank
2. 10 Shoulder Presses
3. 5 Single-Arm Dumbbell Thrusters / Side
4. 3 Burpees

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## WORKOUT 3

### WARM-UP - 4 ROUNDS

1. 12 Sprawls
2. 12 Sumo Squats
3. 30 High Knees
4. 12 Air Squats

### WOD - 3 ROUNDS

1. 1-Minute Wall Sit
2. 5 Half Burpees
3. 5 Dumbbell Thrusters
4. 30 Calf Raises

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## WORKOUT 4

### FULL-BODY STRETCH - 5 MINUTES

### WARM-UP - 3 ROUNDS

1. 10 Air Squats
2. 10 T-Planks
3. 12 Backward Lunges

### WOD - 3 ROUNDS

1. Maximum Elbow Plank Hold
2. 7 Dumbbell Thrusters
3. 12 Bench Presses

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## WORKOUT 5

### WARM-UP - 4 ROUNDS

1. 12 Good Mornings

2. 25 Glute Bridges

3. 10 Air Squats

### WOD - 4 ROUNDS

1. 10 Dumbbell Biceps Curls

2. 8 Shoulder Presses

3. 10 Push Presses

4. 8 Dumbbell Triceps Kickbacks

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## WORKOUT 6

### WARM-UP - 4 ROUNDS

1. 30 Jumping Jacks
2. 30 Mountain Climbers
3. 10 Jump Squats

### WOD - 4 ROUNDS

1. 21 Dumbbell Deadlifts
2. 10 V-Ups
3. 5 Devil Presses
4. 30 Calf Raises

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