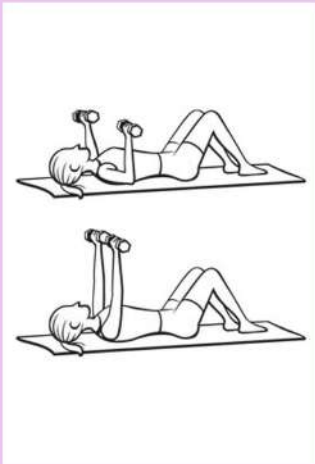
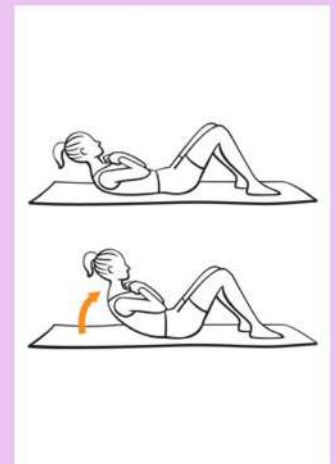
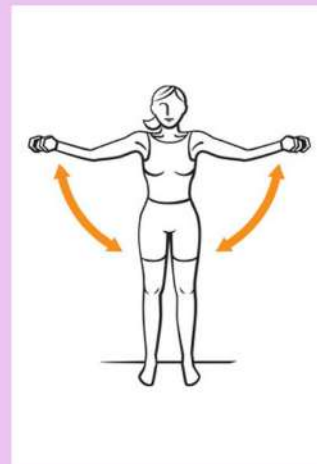


# 8-Minute Morning Workout

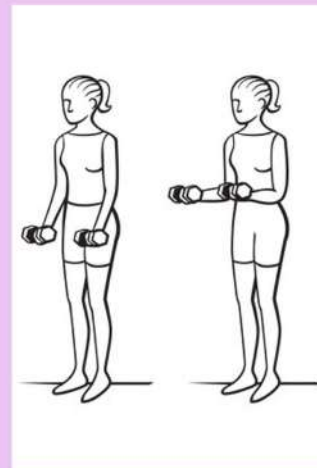
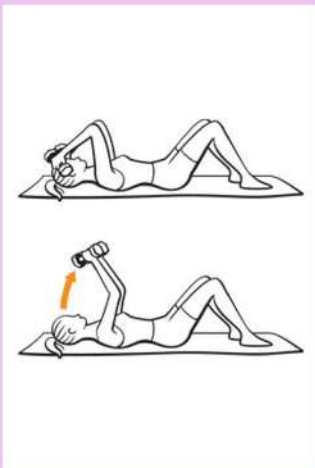
## Exercise 1 - Reverse Lunges



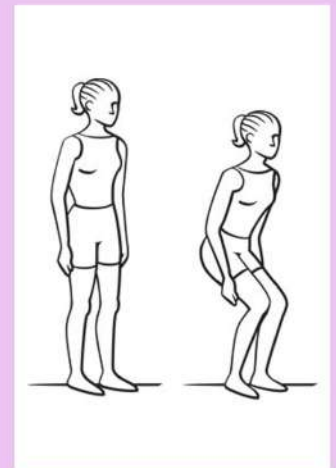
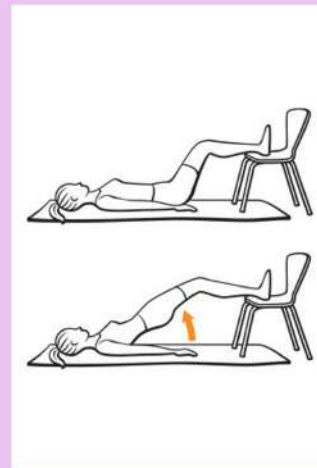
## Exercise 2 - Bend Over Row



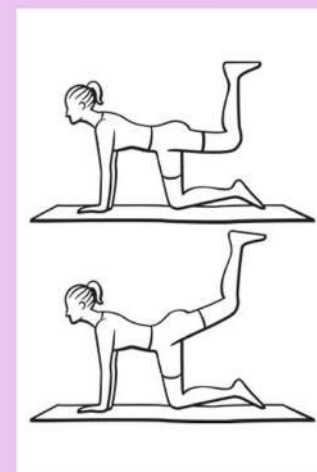
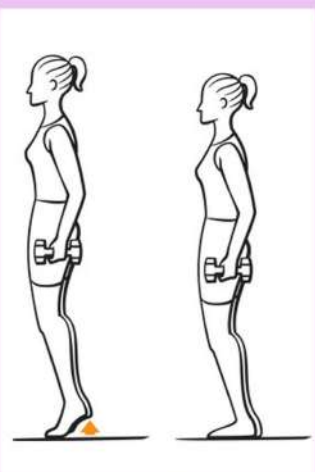
## Exercise 3 - Squat Shoulder Press



## Exercise 4 - Bridge Chest Press



## Exercise 5 - Sumo Squat Swing



**Equipment:** A pair of Dumbbells, either 3kg or 4kgs each.  
**Alternative:** Use household items such as milk or detergent bottles and fill them up with soil / rocks for extra weight.

Do one set of 10 repetitions from Exercise 1 to Exercise 5 without resting. Continue and repeat the entire cycle again and again until the end of 10 minutes. On average, you should be able to fit in between 3 - 4 sets in 10 minutes. Do not rest throughout the workout, if you are tired, you can slow the pace down, but don't stop. This workout will help to increase muscle mass, burn fat and improve your body shape. Start your workout with a short warm-up and end it with a quick full-body stretching routine.