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# Day 1 workout

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15:00

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## Push ups

3 sets of 15

45 total

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## Bodyweight squats

3 sets of 15

45 total

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## Dumbbell shoulder press

3 sets of 15

45 total

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## Back extensions

3 sets of 15

45 total

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## Dumbbell bicep curls

90 in a row, 5 kg dumbbells

90 total

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## Band pull aparts

15, 15, then 5

35 total

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## Equipment

Pair of dumbbells, back extension bench, resistance band.