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Panther Conditioning Dumbbell Circuit

The following circuit may be used as an extra conditioning workout. It is simple to implement and the athletes can perform it on their own as well.

Set 1

1. [Dumbbell Clean and Jerk](#)
10 Reps
2. [Half Squat Jump](#)
10 Reps
3. [Push Up](#)
10 Reps
4. [Dumbbell Bent Over Row](#)
20 Reps

REST 1:30 to 2:00

Set 2

1. [Dumbbell Curl To Press](#)
10 Reps
2. [Dumbbell Straight Leg Deadlift](#)
10 Reps
3. [Dumbbell Lunge](#)
20 Reps
4. [Push Up](#)
10 Reps

REST 1:30 to 2:00

Set 3

1. [Dumbbell Bent Over Row](#)
20 Reps
2. [Alternating Dumbbell Curl](#)
10 Reps
3. [Dumbbell Squat and Press](#)
10 Reps
4. [Squat Jump](#)
20 Reps

