

Dumbbell Matrix

Step 1: Begin with arm at shoulder level, take a forward step and punch arm straight into arm.



Step 2: Begin with arm at shoulder level, take a lateral step while punching arm out to side.



Step 3: Begin with arm at shoulder level, take a step across body while punching arm across chest.



Step 4: Begin with arm at shoulder level in bent position, take a step back while straightening arm in extended position.



Step 5: Begin with arm at shoulder level, take a step backward while rotating hips, punch arm backward on a diagonal.



Repeat each step 10 times.