

ENGAGEMENT CIRCUIT

- 1 KICKBACKS 15 REPS

- 2 HIGH KNEES 15 REPS/SIDE


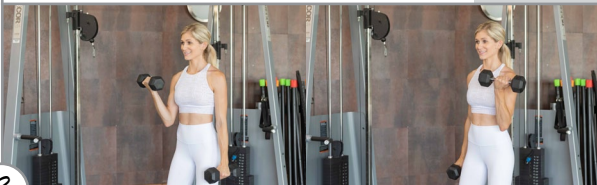
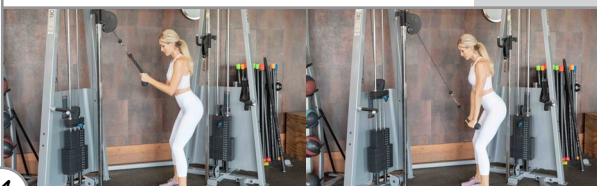
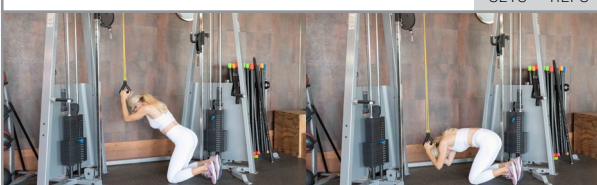
- 3 HIGH PLANK MOVE THE DUMBBELL 10 REPS/SIDE

- 4 MOUNTAIN CLIMBERS 25 REPS/SIDE


INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. After completing 1 round, move onto the weight training work sets.

WEIGHT TRAINING WORK SETS

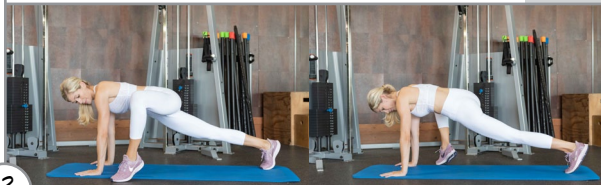
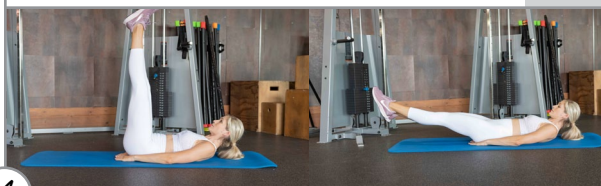
- 1 BICEP CURLS 3 SETS 15 REPS

- 2 ALTERNATING BICEP CURLS 3 SETS 15 REPS

- 3 PUSHDOWNS 3 SETS 15 REPS

- 4 CRUNCHES 3 SETS 15 REPS


INSTRUCTIONS

Complete 3 sets of each exercise before moving onto the next. Slightly increase the weight with each set. Rest 30-60 seconds in between sets.

FINISHING CIRCUIT

- 1 DIPS 15 REPS

- 2 SPIDERMAN HOPS 10 REPS/SIDE

- 3 LYING LEG LIFTS 15 REPS

- 4 CRUNCHES 15 REPS


INSTRUCTIONS

Complete all 4 exercises back to back with little to no rest in between. Move onto the recommended and/or optional sections.

RECOMMENDED

Complete an additional round of the finishing circuit

OPTIONAL

Complete 5 minutes of HIIT cardio (30 sec on, 30 sec off - kettlebell swings, sprints, biking, jump rope, high knees, jumping jacks, any cardiovascular movement)