



## ENGAGEMENT CIRCUIT


1 HIP THRUSTS 15 REPS



2 KNEE UPS 10 REPS/SIDE



3 GOBLET SQUATS 15 REPS



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 HIP THRUSTS 3 SETS 15 REPS




2 BACK SQUATS 3 SETS 15 REPS



3 SPLIT SQUATS 3 SETS 15 REPS



4 LEG PRESS 3 SETS 15 REPS




### INSTRUCTIONS

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

## FINISHING CIRCUIT


1 REVERSE LUNGE TO KNEE UP 10 REPS/SIDE




2 EXTENDED CRUNCHES 15 REPS



3 REVERSE CRUNCHES 15 REPS



4 PLANK 1 MIN



### 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)