



ENGAGEMENT CIRCUIT


1 INCLINE PUSH UPS 15 REPS



2 PLANK IN AND OUT JUMPS 15 REPS



3 SHOULDER PRESS 15 REPS



4 HANDS TO FOREARM PLANK 15 REPS




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 CHEST PRESS 3 SETS 15 REPS



2 INCLINE PRESS 3 SETS 15 REPS



3 SHOULDER PRESS 3 SETS 15 REPS



4 ARNOLD SHOULDER PRESS 3 SETS 15 REPS

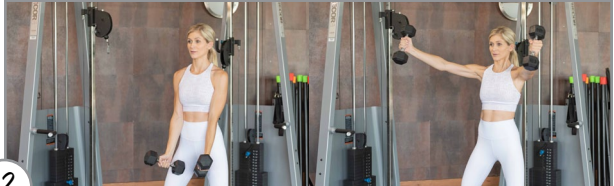


INSTRUCTIONS

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 Y-RAISES 15 REPS




2 ALTERNATING SHOULDER TAPS 10 REPS/SIDE



3 SIDE LATERAL RAISES 15 REPS



4 KNEE PUSH UPS 10 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)