

## LIFTING CIRCUIT

1 INCLINE PUSH UPS

15 REPS



2 MOUNTAIN CLIMBERS

25 REPS/SIDE



3 FLYES

15 REPS



4 PLANK IN AND OUT JUMPS

15 REPS



## CARDIO BLAST

MODIFIED BURPEES (NO PUSH UP)



### INSTRUCTIONS

30 seconds - ON  
30 seconds - REST  
Repeat for 7 minutes and then  
move onto the lifting circuit

## LIFTING CIRCUIT

1 PUSH UPS

10 REPS



2 PLANK IN AND OUT JUMPS

15 REPS



3 TOGETHER PRESS

15 REPS



4 MOUNTAIN CLIMBERS

25 REPS/SIDE



Second Lifting Circuit Instructions: Complete 1-4 rounds (as many as you can push yourself to complete)