

ENGAGEMENT CIRCUIT

1 PUSH UP TWISTS 5 REPS/SIDE



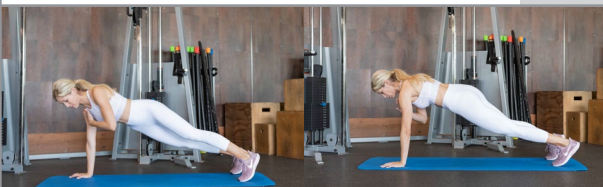
2 JUMPING JACKS 30 REPS



3 ROWS 15 REPS



4 ALTERNATING SHOULDER TAPS 15 REPS/SIDE



INSTRUCTIONS

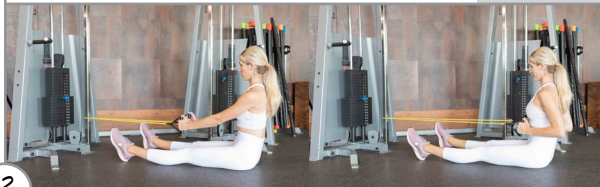
Complete all 4 exercises back to back with little to no rest in between. After completing 1 round, move onto the weight training work sets.

WEIGHT TRAINING WORK SETS

1 STIFF ARM PUSHDOWNS 3 SETS 15 REPS



2 SEATED ROWS 3 SETS 15 REPS



3 REAR DELT FLYES 3 SETS 15 REPS



4 ARNOLD SHOULDER PRESS 3 SETS 15 REPS



INSTRUCTIONS

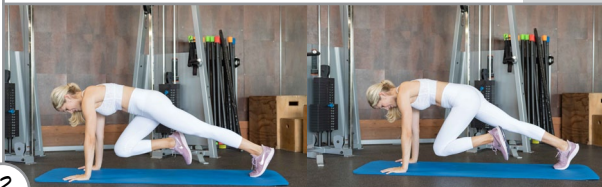
Complete 3 sets of each exercise before moving onto the next. Slightly increase the weight with each set. Rest 30-60 seconds in between sets.

FINISHING CIRCUIT

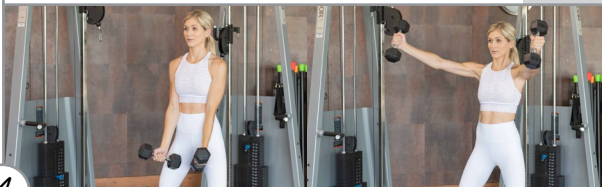
1 SIDE LATERAL RAISES 15 REPS



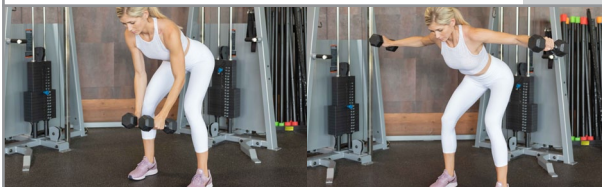
2 MOUNTAIN CLIMBERS 25 REPS/SIDE



3 Y-RAISES 15 REPS



4 REAR DELT FLYES 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.

Optional: Complete an additional round of the finishing circuit.

Glute Guide Add On Workout - Isolated Glutes

