

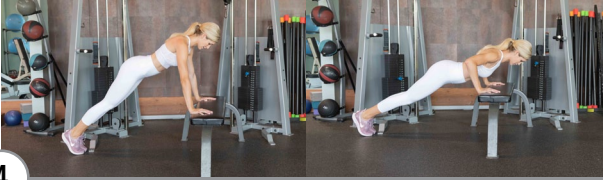
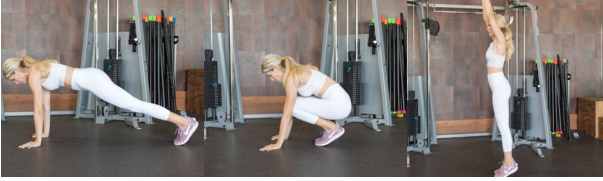


### Engagement Circuit

- 1 **Push Up Twists** 1 sets 5 reps/side  

- 2 **Plank In & Out Jumps** 1 sets 15 reps  

- 3 **Incline Push Ups** 1 sets 15 reps  

- 4 **Burpees** 1 sets 10 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 **Flyes** 3 sets 15 reps  

- 2 **Chest Press** 3 sets 15 reps  




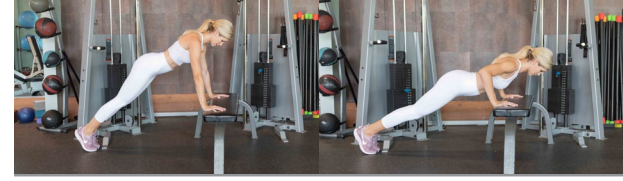
- 3 **Bent Arm Side Lateral Raises** 3 sets 15 reps  

- 4 **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** 1 sets 15 reps  

- 2 **Alternating Shoulder Taps** 1 sets 10 reps/side  

- 3 **Front Raises** 1 sets 15 reps  

- 4 **Incline Push Ups** 1 sets 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)