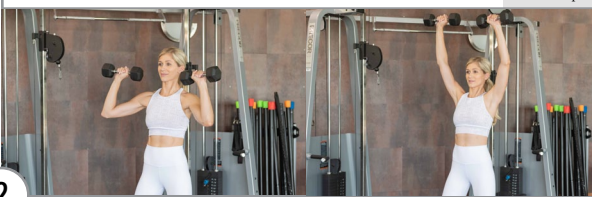


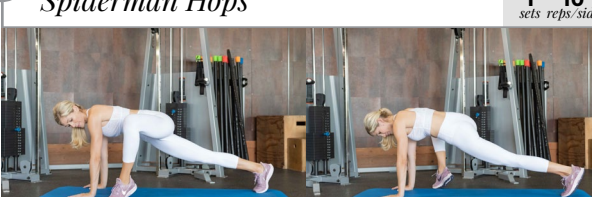


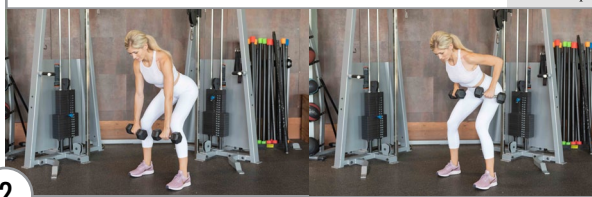
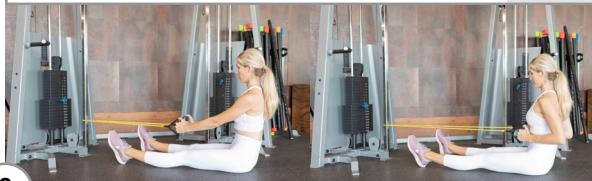
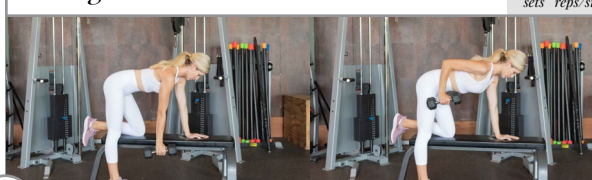

Engagement Circuit

- 1 **Shoulder Press** 1 sets 15 reps

- 2 **Plank Walk Outs** 1 sets 10 reps

- 3 **Row's** 1 sets 15 reps

- 4 **Spiderman Hops** 1 sets 10 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.

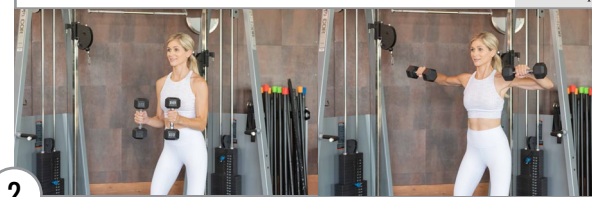
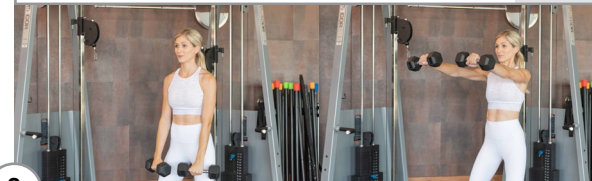
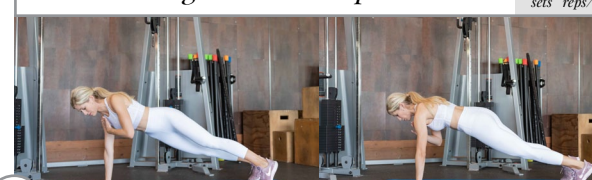
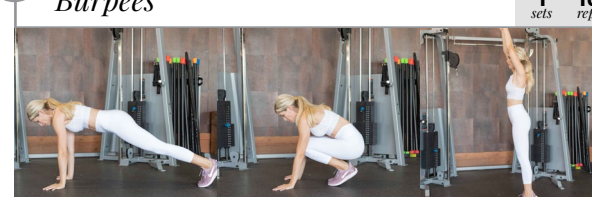
Weight Training Work Sets

- 1 **Row's** 3 sets 15 reps

- 2 **Seated Row's** 3 sets 15 reps

- 3 **Single Arm Row's** 3 sets 15 reps/side

- 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 **Bent Arm Side Lateral Raises** 1 sets 15 reps

- 2 **Front Raises** 1 sets 10 reps

- 3 **Alternating Shoulder Taps** 1 sets 15 reps/side

- 4 **Burpees** 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)