






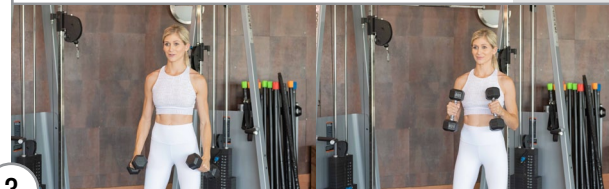


Engagement Circuit

- 1 **Knee Push Ups** 1 sets 10 reps

- 2 **Plank Walk Outs** 1 sets 15 reps

- 3 **Dips** 1 sets 15 reps

- 4 **Mountain Climbers** 1 sets 25 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 **Alternating Bicep Curls** 3 sets 15 reps/side

- 2 **Hammer Curls** 3 sets 15 reps

- 3 **High Curls** 3 sets 15 reps/side

- 4 **Pushdowns** 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 **Kickbacks** 1 sets 15 reps

- 2 **High Knees** 1 sets 15 reps

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

- 4 **Plank** 1 minute


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)