

Circuit

Sets	Reps	Weight	Notes
1			Do each exercise in a
2			
3			
4			
5			
6			

Exercise Intensity

12 Reps

2 Sets

Perform 2 sets of 12 reps for each exercise. Use a challenging weight that allows you to complete all reps.

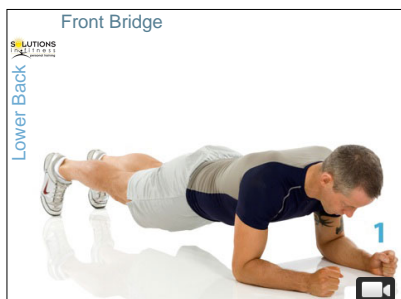
Sets	Reps	Weight	Notes
1			
2			
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4			
5			
6			



Squat

- Stand upright with your arms by your sides and your feet about shoulder width apart.
- Bend at the hips and knees, lowering your body down towards the floor, raising your arms up in front and keeping your back flat.
- Return upright and lower your arms to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Front Bridge

- Lie face down on the floor with your legs straight and arms tucked in by your sides.
- Raise your body off the floor, resting on your toes and forearms.
- Try to maintain your body in a straight line and keep your back neutral/flat.
- Hold briefly, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Jumping Jacks

- Stand upright with your feet together and your arms by your sides.
- Jump up, splitting your feet out to the sides.
- Simultaneously swing your arms up to the sides in an arc over your head.

- Reverse the direction of the movement.

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			



Push Up

- Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- Push up to a straight arm position.

- Lower your body back to the start position and repeat.
- Keep your back flat and your hips in line with your shoulders throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Bicycle Crunch

- Lie on your back with your legs straight and your hands to the sides of your head.
- Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
- Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

Sets	Reps	Weight	Notes
1	12		12 reps per side
2			
3			
4			
5			
6			



Reverse Lunge

- Stand upright with your arms by your sides.
- Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
- Push off your front foot to return to the start position.

Sets	Reps	Weight	Notes
1	12		12 reps per leg
2			
3			
4			
5			
6			



Quad Superman

- Begin on all fours with both knees and hands on the floor.
- Raise one arm and the opposite leg straight up to shoulder height.
- Slowly lower your arm and leg and repeat with the other arm and leg.

- Take your time and be sure to maintain your balance.

Sets	Reps	Weight	Notes
1	12		12 reps per side
2			
3			
4			
5			
6			



- Cardio**
- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			



- Chest**
- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
 - Keep your back flat and your hips in line with your shoulders throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Abs**
- 1 - Lie on your back with your legs straight and your hands at your sides.
 - 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.
- Keep your upper body stable throughout.
 - Slowly lower your legs back to a straight position to tap your heels on the floor and

Sets	Reps	Weight	Notes
1			
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