

Circuit

Sets	Reps	Weight	Notes
1			Do these exercises one
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.

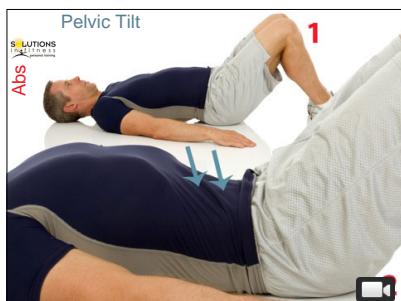
Sets	Reps	Weight	Notes
1			
2			
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4			
5			
6			



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.

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Pelvic Tilt

- Lie on your back with your knees bent and feet flat and your arms at your sides.
- Tighten your abdominals, pulling your belly button in and up towards your ribs.

- Press your back into the floor, allowing your pelvis to slightly round.

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Crunch Reach

- Lie on your back with your knees bent, feet flat and your hands on your thighs.
- Lift your head and shoulders off the floor and slide your hands up to your knees, keeping your feet flat.

- Lower your head, shoulders and hands, and repeat.

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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
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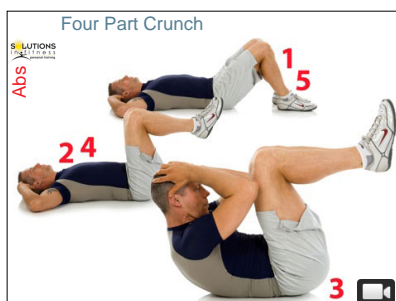


Jumping Jacks

- 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	25		
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Four Part Crunch

- Lie on your back with your knees bent and your feet flat, hands at the sides of your head.
- Raise your feet off the floor, bringing your knees in towards your chest.
- Lift your head and shoulders off the floor, bringing your elbows towards your knees.
- Lower your head and

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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.

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1			
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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.

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Abs

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

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Lower Back

both sides

• Begin on all fours with both knees and hands on the floor.
 1 - Raise one arm and the opposite leg straight up to shoulder height.
 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
 • Take your time and be sure to maintain your balance.

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