

Directions:

Complete the [dynamic warm-up](#) before doing the workout. The chart below breaks down the workout. Perform the circuit of exercises for the designated number of reps unless otherwise noted for time. Complete the first circuit before moving on to the second. For the finisher, complete the exercises for the prescribed amount of reps as fast as possible. Complete 4 sets (four times through all the exercises) in each circuit. There should be minimal rest between exercises. For all single-leg or single-sided exercises, perform repetitions on both sides.

TRACK YOUR PROGRESS

Cross off each set as you go!

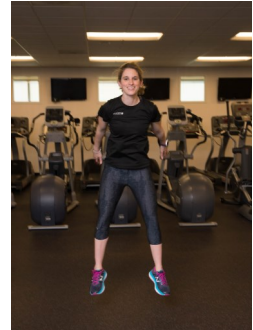
CIRCUIT 1	LBS.	SET	SET	SET	SET
Squat Jumps		6-10 reps	6-10 reps	6-10 reps	6-10 reps
Lawnmower with Tricep Kickback		6-10 reps	6-10 reps	6-10 reps	6-10 reps
Russian Twist (Dumbbell)		6-10 reps	6-10 reps	6-10 reps	6-10 reps

CIRCUIT 2	LBS.	SET	SET	SET	SET
Walking Lunges		6-10 reps	6-10 reps	6-10 reps	6-10 reps
Spiderman Pushup Crunch		6-10 reps	6-10 reps	6-10 reps	6-10 reps
Dead Bug		45 seconds	45 seconds	45 seconds	45 seconds

FINISHER	LBS.	SET	SET	SET	SET
Squat Press		10 reps	10 reps	10 reps	10 reps
Burpee (No Pushup)		5 reps	5 reps	5 reps	5 reps
Star Ups		10 reps	10 reps	10 reps	10 reps

Squat Jumps

Stand with feet about shoulder width apart with your toes facing forward or slightly out. Sit back into your squat, keeping your weight spread throughout your whole foot. Quickly push off the ground to explode into the air. Land strong back into your squat.



Lawnmower with Tricep Kickback

Begin in a lunge stance. Lean forward until your back is at a 45 degree angle to the ground, and place an elbow on your front leg for support. Grasp a dumbbell, then pull the weight right past your side by raising your elbow. Squeeze your shoulder blade back toward your midline. Keeping your elbow high, straighten your arm as you raise the dumbbell straight back. Lower to the starting position. Perform the exercise on both sides.



Russian Twist

Sit on the floor or a mat with your heels off the ground holding one dumbbell at your midline. Engage your core and lean back slightly, keeping your back in a neutral position. At a controlled speed, contract your abs and twist your torso to the left, then twist to the right. Repeat continuously.



Walking Lunges

Begin standing with feet together, dumbbells in hand. Step one leg out into a lunge, dropping your back knee down toward the ground and bending your front leg until it is parallel to the ground while allowing your knee to slide forward to your toes. Push off your front leg back to standing position and lunge forward with the opposite leg. Don't let your knee go past your toes.



Spiderman Pushup

Begin in high plank position on the floor or a mat. Slowly lower down into pushup position while simultaneously pulling your right knee up to the outside of your right elbow. Try to keep your shoulders and hips level. Return to starting position and repeat the same action with your left knee to left elbow.



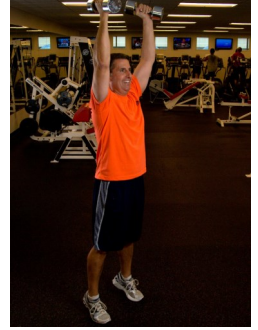
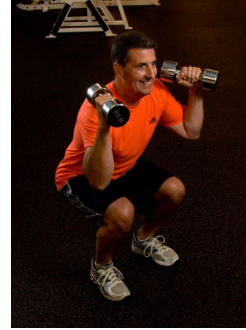
Dead Bug

Begin lying on your back with your hands extended above you towards the ceiling. Bring your feet, knees and hips up to 90 degrees, and lift your shoulders off the ground. Slowly extend your right arm back until it is in line with your ear, and extend your left leg forward to 45 degrees. Your hips should remain flat on the floor. Bring both limbs back to starting position, pause, and repeat the same process on the other side.



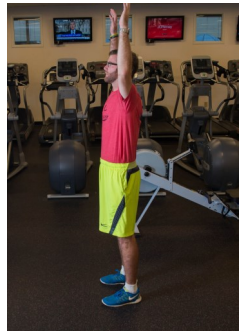
Squat Press

Stand with feet about shoulder width apart with your toes facing forward or slightly out, with dumbbells in hand, resting on your shoulders. Press your hips back as you bend your knees, lowering your weight until your quads are near parallel to the floor. Make sure to keep your weight spread throughout your whole foot. As you stand, press dumbbells straight overhead. Lower dumbbells back down to your shoulders and repeat.



Burpee (No Pushup)

Begin standing upright. Bend down and place your hands on the ground shoulder width apart. Jump your legs back behind you so that you are in high plank position. Immediately jump your legs back in and jump up with hands overhead.



Star Ups

Lay on your back on the floor or a mat with your legs out wide and your arms extended above your head. Lift your shoulders off the ground and reach your left hand to meet your right foot in the air. Return back to the starting position and repeat on the opposite side. Pull your belly button to your spine throughout the exercise.

