

## 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. Complete 2 sets (twice 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

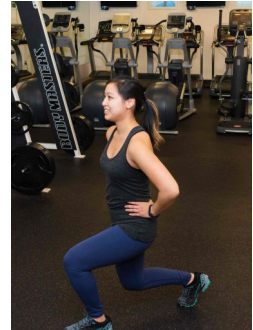
Cross off each set as you go!

CIRCUIT 1	LBS.	SET	SET
Bodyweight Split Lunge		10-12 reps	10-12 reps
Pullover (Ground)		10-12 reps	10-12 reps
Seated Shoulder Press		10-12 reps	10-12 reps
Modified Crunch		10-12 reps	10-12 reps

CIRCUIT 2	LBS.	SET	SET
Air Squat		10-12 reps	10-12 reps
Seated Bicep Curl		10-12 reps	10-12 reps
Low Plank		30 seconds	30 seconds
March in Place		30 seconds	30 seconds

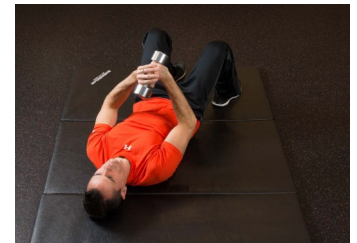
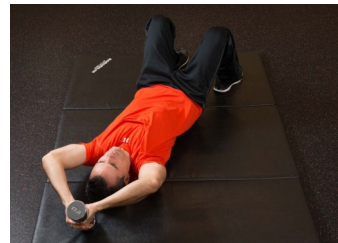
## Bodyweight Split Lunge

Stand in a split stance with your toes facing forward and arms at your sides. Slowly drop your back knee down until it is just off the ground, while your front knee slides towards the front toes. Return to starting position and switch legs.



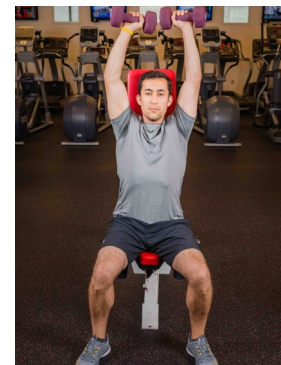
## Pullover (Ground)

Lay on the floor or a mat with your knees bent and feet on the floor. Hold one dumbbell above your chest. While keeping arms straight or slightly bent, slowly lower the dumbbell behind your head until arms are almost parallel to the floor. Keep arms straight, or slightly bent as you pull the dumbbell back to starting position.



## Seated Shoulder Press

Sit on a bench with feet flat on floor and dumbbells in hands. Start with elbows bent and dumbbells resting near your shoulders. With palms facing inward, slowly press upward until arms are fully extended overhead. Lower back down and repeat.



## Modified Crunch

Lie on the floor or a mat with your feet flat on the ground. Have one knee bent, your other leg straight, hovering about six inches off the floor, and your hands behind your head. Crunch up, lifting your shoulder blades off the ground, then return to the starting position. Do not pull on your neck. Complete the desired amount of reps, then switch legs.



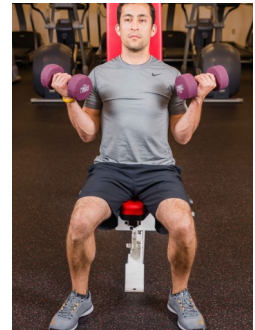
## Air Squat

Stand with feet about shoulder width apart with your toes facing forward or slightly out. Pull your shoulders back and 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. Return to starting position.



## Seated Bicep Curl

Begin sitting with good posture, keeping your head, back and butt in contact with the bench. Hold dumbbells at your sides with palms facing up. Bend at your elbows as you bring the dumbbells toward your shoulders. Slowly lower dumbbells to your side and repeat.



## Low Plank

Position your elbows on the floor or a mat, directly under your shoulders with your legs extended straight behind you. Keep your hands in line with your elbows and back in a straight line. Drive your hands and feet hard into the ground, which will allow your shoulders and hips to stabilize. Hold position.



## March in Place

While stationary, lift one leg at a time to jog or march in place. Pump your arms throughout the motion. Perform exercise for desired amount of time.

