

WEEK 1: CIRCUIT WORKOUT



Your week 1 circuit workout is listed below.

You will have three different circuits, with three exercises in each circuit.

Directions:

Perform a 5-10 minute warmup.

Perform each circuit two times with 10-12 repetitions of each exercise unless time is specified. If there is a * next to the exercise, complete reps on both sides of the body.

TRACK YOUR PROGRESS

Cross off each set as you go!

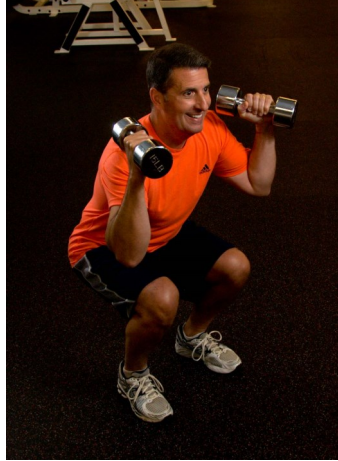
CIRCUIT 1		
EXERCISE	SET 1	SET 2
Squats	10 -12 reps	10 -12 reps
Pushups	10 -12 reps	10 -12 reps
Skater Jumps	30 seconds	30 seconds

CIRCUIT 2		
EXERCISE	SET 1	SET 2
Curtsey Lunges*	10 -12 reps	10 -12 reps
Bent Over Row	10 -12 reps	10 -12 reps
Burpee	30 seconds	30 seconds

CIRCUIT 3		
EXERCISE	SET 1	SET 2
Glute Bridge	10-12 reps	10-12 reps
Dumbbell Front Raises	10 -12 reps	10 -12 reps
Russian Twist	30 seconds	30 seconds

Exercise: Squats

Advance: Hold Dumbbells on Shoulders



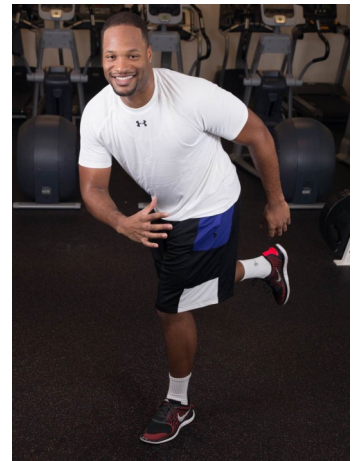
Exercise: Modified Pushups

Advance: Pushups



Exercise: Skater Jumps (Tap Foot)

Advance: Skater Jumps



Exercise: Curtsey Lunges

Advance: Hold Dumbbells



Exercise: Bent Over Row

Advance: Use Barbell



Exercise: Burpee with Hands Elevated

Advance: Burpee on Ground



Exercise: Glute Bridge

Advance: Add Barbell or Dumbbells



Exercise: Dumbbell Front Raise

Advance: Increase Weight



Exercise: Russian Twist

Advance: Lift Feet

