

WEEK 6: CIRCUIT WORKOUT



Your week 6 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	SET 3
Lunge and Twist	16 reps	16 reps	16 reps
Lawnmower*	15 reps	15 reps	15 reps
Low Plank Hold	30 seconds	30 seconds	30 seconds

CIRCUIT 2			
EXERCISE	SET 1	SET 2	SET 3
Squat	15 reps	15 reps	15 reps
Chest Fly	15 reps	15 reps	15 reps
Spiderman Crunch	30 seconds	30 seconds	30 seconds

CIRCUIT 3			
EXERCISE	SET 1	SET 2	SET 3
Plie	15 reps	15 reps	15 reps
No Monies	15 reps	15 reps	15 reps
Scissor Jumps	30 seconds	30 seconds	30 seconds

Exercise: Lunge and Twist (Body Weight)

Advance: Hold a Dumbbell



Exercise: Lawnmower

Advance: Add Tricep Kickback



Exercise: Low Plank

Advance: Low Plank Hip Dips



Exercise: Squat with Dumbbells

Advance: Barbell Squat



Exercise: Chest Fly (On Ground)

Advance: Lay on Bench or Step



Exercise: Spiderman Crunch (Hands Elevated)

Advance: Spiderman Crunch (On Ground)



Exercise: Plie Squat

Advance: Plie Upright Row



Exercise: No Monies (Body Weight)

Advance: Hold Dumbbells



Exercise: Scissor Jumps (Step)

Advance: Scissor Jumps

