

# Circuit Workout

Equipment: BW + DB

Level: B

| Warm-Up                      | Warm-Up Activity                            | Sets       | Reps     | Rest Int      |       |
|------------------------------|---|------------|----------|---------------|-------|
|                              | <a href="#">Jumping Jacks</a>               | 4 Circuits | 20       | No Rest       |       |
|                              | <a href="#">Squat w/Front Kick</a>          |            | 10/Leg   |               |       |
|                              | <a href="#">Butt Kicks</a>                  |            | 20/Leg   |               |       |
| Circuit Workout              | Exercise                                    | Sets       | Reps     | Rest Int      | Notes |
|                              | <a href="#">Wall Sit w/ Alt. DB Curl</a>    | 3 - 5      | 30sec    | 30-60 seconds |       |
|                              | <a href="#">Wall runs</a>                   | supersets  | 15 to 20 |               |       |
|                              | <a href="#">DB Ankle Hops</a>               | 3 - 5      | 15 to 20 | 30-60 seconds |       |
|                              | <a href="#">BW Reverse Lunges</a>           | supersets  | 15 to 20 |               |       |
|                              | <a href="#">DB SL Floor Press w/ Crunch</a> | 3 - 5      | 15 to 20 | 30-60 seconds |       |
|                              | <a href="#">Lateral Skips</a>               | supersets  | 30sec    |               |       |
|                              | <a href="#">Mod Wide to Narrow Push Ups</a> | 3 - 5      | 15 to 20 | 30-60 seconds |       |
|                              | <a href="#">Bridge Walk out</a>             | supersets  | 30sec    |               |       |
|                              | <a href="#">Push Up to Side Plank</a>       | 3 - 5      | 30sec    | 30-60 seconds |       |
|                              | <a href="#">V Sit Hold</a>                  | supersets  | 30sec    |               |       |
|                              | <a href="#">Superman</a>                    | 3 - 5      | 30sec    | 30-60 seconds |       |
| <a href="#">Mod Plank Up</a> | supersets                                   | 30sec      | Feet Up  |               |       |
| Stretching                   | Stretch                                     | Sets       | Duration | Rest Int      |       |
|                              | <a href="#">Piriformis Stretch</a>          | 3/leg      | 20s      | N/A           |       |
|                              | <a href="#">Seated Hamstring Stretch</a>    | 3          | 20s      | N/A           |       |
|                              | <a href="#">Internal R/C Stretch</a>        | 2/arm      | 20s      | N/A           |       |

**Notes:**

- 1) Perform a warm-up BEFORE and stretching AFTER each workout.
- 2) Perform all movements in the order they appear.
- 3) All movements are meant to be performed in "superset" fashion. Perform both movements in the superset, then take the prescribed rest.
- 4) Perform a minimum of 3, and a maximum of 5 supersets.
- 5) Attempt to achieve the high-end of the rep/time range whenever possible (while maintaining good technique).
- 6) Rest 30-60 seconds between supersets.
- 7) Perform ALL supersets in a pairing before moving to the next pair of super-setted exercises.
- 8) Exercises should be performed as quickly as possible, maintaining proper technique.
- 9) If resistance (other than body weight) is used for a given exercise, select a weight that allows you to move through the range of motion quickly with good technique. When this resistance is no longer a challenge, increase the weight to the next increment.