

Equipment: DB+BW

Level: C

Warm-Up	Warm-Up Activity	Sets	Reps	Rest Int	
	Jumping Jacks	4 Circuits	20	No Rest	
	Squat w/Front Kick		10/Leg		
	Butt Kicks		20/Leg		
Circuit Workout	Exercise	Sets	Reps	Rest Int	Notes
	Alt. DB OH Press	3 - 5 supersets	30sec	30-60 seconds	
	DB Bent Over Row		15		
	BW Sumo Squat	3 - 5 supersets	15 to 20	30-60 seconds	
	Alt. DB Curl		30sec		
	1-DB OH Extension	3 - 5 supersets	15 to 20	30-60 seconds	
	BW Squat w/ Front Kick		30sec		
	Partial Rep High Knees	3 - 5 supersets	30sec	30-60 seconds	
	Wall Push Up		15		
	Lower Body Superman	3 - 5 supersets	15	30-60 seconds	
	DB Front Squat		15		
	Modified Plank	3 - 5 supersets	30sec	30-60 seconds	
	Upper Body Twist Crunch		30sec		
Stretching	Stretch	Sets	Duration	Rest Int	
	Piriformis Stretch	3/leg	20s	N/A	
	Seated Hamstring Stretch	3	20s	N/A	
	Internal R/C Stretch	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.