

Equipment: BW + DB

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 |
| | BW Reverse Lunges | 3 - 5 | 15/sd | 30-60 seconds | |
| | DB RDL with Curl and OH Press | supersets | 15/a | | |
| | 1/2 Squat HOLD | 3 - 5 | 30sec | 30-60 seconds | |
| | 1-DB OH Tricep Extension | supersets | 15 to 20 | | |
| | Jumping Jacks | 3 - 5 | 30sec | 30-60 seconds | |
| | DB Alt. OH Press | supersets | 10 to 15/sd | | |
| | Mod Push Up Hold /Row and KB | 3 - 5 | 10 to 15/sd | 30-60 seconds | KB is Kickback |
| | Bird Dog | supersets | 10 to 15/sd | | |
| | Upper Body Twist Crunch | 3 - 5 | 10 to 15/sd | 30-60 seconds | |
| | Lower Body Superman | supersets | 15 to 20 | | |
| 1/2 Wall Sit w/ DB Curl | 3 - 5 | 30sec | 30-60 seconds | | |
| Partial Rep High Knees | supersets | 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.