

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 |
| | DB Squat | 3 - 5 supersets | 15 | 30-60 seconds | |
| | DB Curl OH Press | | 15 | | |
| | 1-DB Sumo Squat | 3 - 5 supersets | 15 | 30-60 seconds | |
| | DB Upright Row | | 15 | | |
| | Elbow to knee twist crunch | 3 - 5 supersets | 15/sd | 30-60 seconds | |
| | Lying DB Extension | | 15 | | |
| | Stationary Lateral Lunge | 3 - 5 supersets | 12/sd | 30-60 seconds | |
| | 1/2 Wall Sit w/ DB Hammer Curl | | 15 | | |
| | Wall Push Ups | 3 - 5 supersets | 15 | 30-60 seconds | |
| | Mod Push Up HOLD w/ alt. Row | | 30sec | | |
| | Pelvic Lift | 3 - 5 supersets | 20 | 30-60 seconds | |
| | V-Sit Twist (Feet down) | | 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.