

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
	1/2 Squat HOLD	3 - 5 supersets	30sec	30-60 seconds	
	DB Alt. Hammer Curl OH Press		30sec		
	DB Upright Row	3 - 5 supersets	15	30-60 seconds	
	Wall Push Up		20		
	Modifed Push Up HOLD Row	3 - 5 supersets	12/sd	30-60 seconds	
	Bird Dog		30sec		
	1-DB Sumo Squat w/ Front Raise	3 - 5 supersets	20	30-60 seconds	Feet stay down
	Jogging Butt Kicks		30sec		
	BW Reverse Lunges	3 - 5 supersets	30sec	30-60 seconds	
	DB Hack Squat w/ Lateral Raise		15		
	Bridge Walk-Outs	3 - 5 supersets	30sec	30-60 seconds	
Straight Arm Upper Body Crunch	20				
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.