

**Notes :**

Rep count and rest options are given as Beginner|Moderate|Advanced for different workout difficulty options.

Exercises 1-3 are Circuit 1 and exercises 4-6 are Circuit 2. Complete exercises 1-3 in a row for prescribed rep count only taking a break following exercise 3. Complete 1-3 sets of circuit 1. Repeat for pattern for circuit 2.

**1 Body Weight Squat**



- Stand with feet hip-width apart, arms by sides back tall
- Lower into a squat by pushing hips back (like you're sitting back into a chair) until hips are parallel.
- Keep weight in heels and don't allow knees to pass over toes.
- Keep the back straight, chest out and shoulders back and down.
- You can balance yourself by raising the arms forward as you lower.

Sets: 3 Reps: 10|15|25

**2 Triceps Dips**



Sit on the bench and place the hands on the edge of the bench with fingers facing forward.  
With legs extended, support yourself only with the hands and keep the back close to the bench as you move the trunk down and up.

Sets: 3 Reps: 10|15|25

**3 Mountain Climbers**



In a plank position on your hands, slowly bring your knees toward your elbow on the same side alternately.  
Make sure that your hips and lower back stay neutral during the duration of the exercise.

Sets: 3 Reps: 10|15|25 per side Rest: 3|2|1min

**4 Reverse Lunge (alternating)**



Stand with your feet together and step directly backward.  
Once balance is established on both feet, flex the front knee so the trail leg can bend toward the floor.  
At the bottom position, the lead leg is flexed at 90 degrees.  
To go back up, push off the floor with the trail foot while extending the knee and hip of the front leg.  
Continue by alternating legs.  
Keep the torso upright during the movement.

Sets: 3 Reps: 8|15|25 per side

## 5 Push-ups



Put your feet together and place your hands slightly outside of your shoulders. Lower yourself all the way down so your chest almost makes contact with the ground and push back up. Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times. Do not let your chin move forward. Keep your head in line with your spine. - if this is difficult, drop down to your knees

Sets: 3 Reps: 10|15|25

## 6 Jump Squats



Keep a neutral back with your core engaged. Move down into a 45 degree squat, power through your heels and hop. Cushion your landing by move directly into your next squat.

Sets: 3 Reps: 10|15|25 Rest: 3|2|1min

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**1 Body Weight Squat**

**Sets: 3 Reps: 10|15|25**

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**2 Triceps Dips**

**Sets: 3 Reps: 10|15|25**

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**3 Mountain Climbers**

**Sets: 3 Reps: 10|15|25 per side Rest: 3|2|1min**

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**4 Reverse Lunge (alternating)**

**Sets: 3 Reps: 8|15|25 per side**

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**5 Push-ups**

**Sets: 3 Reps: 10|15|25**

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**6 Jump Squats**

**Sets: 3 Reps: 10|15|25 Rest: 3|2|1min**

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