



FULL BODY STRENGTH CIRCUIT

Complete 1 set of each exercise

Repeat the circuit 2-3 times

Rest 1-2 min. between sets

1) Sumo Squat x 12



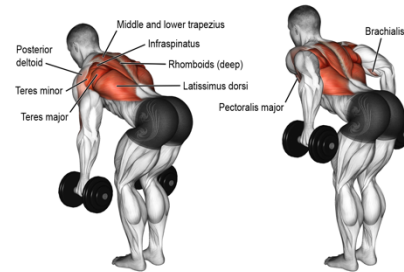
2) Single Arm Press x 10 each side



3) Split Squat x 10 each side



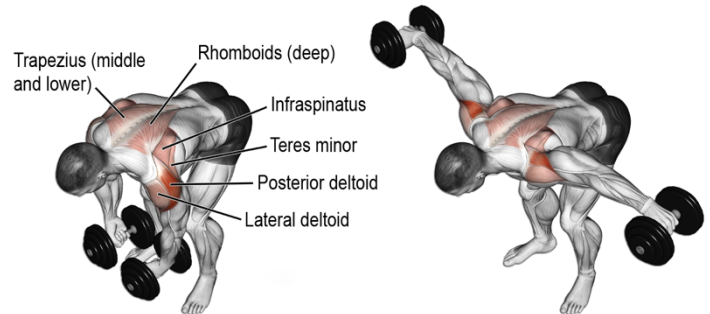
4) Bent Over Row x 10



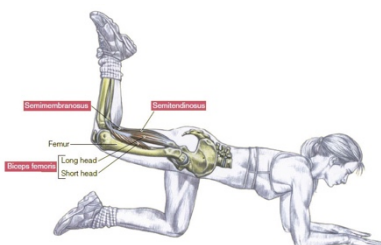
5) Hip Bridge Leg Extension x 12 each side



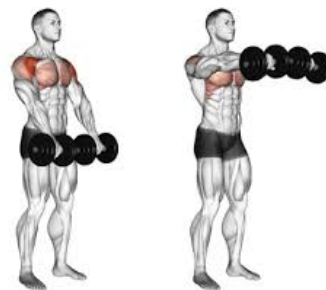
6) Bent Over Fly x 10



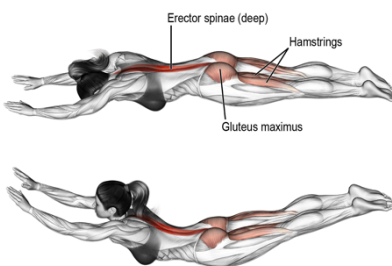
7) Donkey Kicks x 12 each side



8) Front Raise x 10



9) Back Extension x 12



10) Pull-over x 10 (can be done on the floor)

