




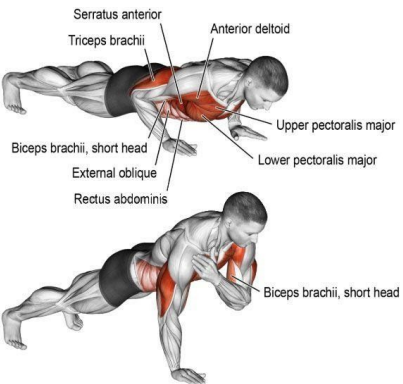
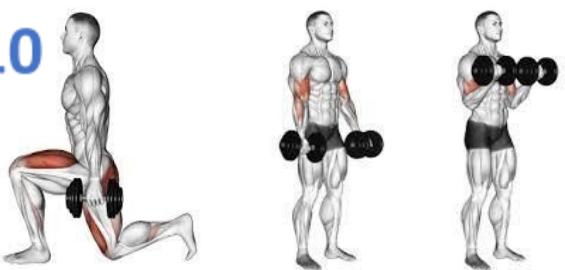





## DOUBLE DUTY - STRENGTH + CARDIO CIRCUIT

Complete circuit 1-3 times.

For a highly metabolic workout, minimize rest between exercises.

To focus more on strength, choose heavier weights and take 30 - 90 sec between strength exercises. Complete the cardio exercises back to back.

<p>x10</p> <p>→</p>	<p><b>Goblet Squat</b></p> 	<p><b>Single DB Overhead Press</b></p> 	<p><b>Single Leg DB Deadlift</b></p> 	<p><b>Plank Push-up Shoulder Tap</b></p> 
<p>30s.</p> <p>→</p>	<p><b>Burpees</b></p>	<p><b>Lateral Hops</b></p>	<p><b>Skip</b></p>	<p><b>Jump Squat</b></p>
<p>x10</p> <p>→</p>	<p><b>Lunge Bicep Curl (Right)</b></p> 	<p><b>Bent Over Row</b></p> 	<p><b>Lunge Bicep Curl (Left)</b></p> 	<p><b>Plank Cross Body Rotations</b></p> 
<p>30s.</p> <p>→</p>	<p><b>Mountain Climbers</b></p>	<p><b>Skaters</b></p>	<p><b>Jump Jacks</b></p>	<p><b>Lunge Jumps</b></p>