FULL BODY STRENGTH CIRCUIT

Complete 1 set of each exercise
Repeat the circuit 2-3 times
Rest 1-2 min. between circuits

Reverse Lunge Single Arm Snatch
X20 total (alternating sides)

Elevated Push-Ups
X 20 total (10 each side)

Bulgarian Split Squat
X20 total (10 each side)

Negative Pushups
X 10
*lower down VERY slowly, drop to your knees to push back up to start

Surrender Squat
X 20 total (alternating leading leg)

Wall Squat / Sit Bicep Curl (with or without ball)
X 10

Bear Donkey Kick
X 20 total (10 each side)

Bear Kick-throughs
X 20 total (alternating sides)