



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

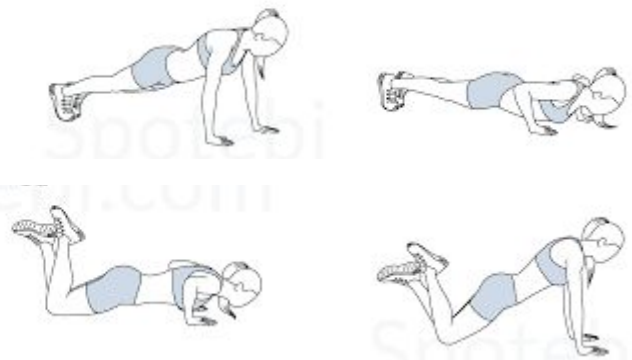
X20 total (10 each side)



Negative Pushups

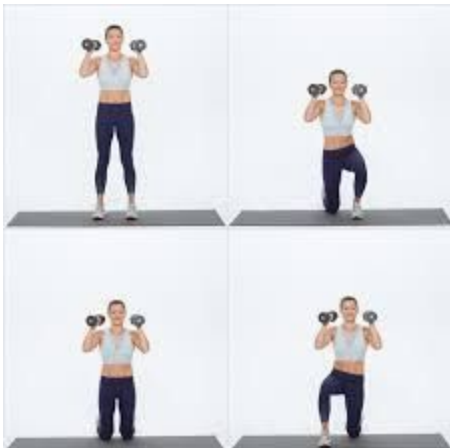
X 10

*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)

