



Week 1: Workout #1

Equipment:

Dumbbells

Mat

Towels or paper plates

Circuit #1

- Lunges with weights at side x 12 each side
- Glider lunge pulls x 8 each side
- Step back hop, Curtsey hop x :30 seconds each side

X 3 sets

Circuit #2

- Bear plank tap x :30 seconds
- Plank jacks x :30 seconds
- Plank Ab/Adduction slides X :30 seconds

X 3 sets

Circuit #3

- Mini dumbbell fly x 12
- Overhead robot arms x 8
- Bicep burpees x 6

X 3 sets

*Glider exercises can be done on towels or paper plates, pending your floor surface

*Minimal rest between exercises in each circuit. 1:00-2:00 between each circuit.

*Go through each circuit once, then repeat 2 more times.