



Week 1: Workout #5

Equipment:

Dumbbells

Gliders

Mat

Step

Circuit #1

- Single leg bridge, with chest press **X 12 each side**
- Hamstring glider drags **X :30 seconds**

Circuit #2

- Tricep kickback. **X12**
- Tricep extension on back. Supine position. Weights in each hand. **X12**

Circuit #3

- High plank, alternate reach out **X:30 seconds**
- Plank on elbows, feet on gliders. Slide back and forth. **X :30 Seconds**

Circuit #4

- Side to step. Squat one foot on, one off. Step off and squat jump (all on right side). **X:30**
- Hold weight (center of chest). Side lunge right, center squat, side lunge left. **X:30**
- Side to step. Squat one foot on, one off. Step off and squat jump (all on left side). **X:30**

X 3-5 sets