



Week 3: Workout #1

Equipment:

Dumbbells

Mat

Towel

During this workout, each exercise will be performed for 20 seconds. You will complete each round 2 times.

Circuit #1

- Tricep extension with dumbbells or bands
- Reverse bicep curls with dumbbells or bands
- Plank alternate knee pulls into chest.
- High knees
- Front squats
- Plank

Squat Jumps 2 x :20

Stomach burpee 2 x :20

Circuit #2

- Squats
- Single leg step back lunge alternating
- Renegade row (with dumbbell) and tricep kickback
- Lateral Push ups
- Crunches

Plank Jack 2 x :20

Lateral push ups 2 x :20

Circuit #3 (using a towel or glider on a hard surface, paper plates work for carpet)

- Single leg curtsy lunge (right)
- Single leg step back lunge (right)
- Plank pull knees in (both feet on towel)
- Both feet on towel, plank to pike pull in

Mountain climb 4 x :20 (both feet on towel)

****Repeat Round 2 on Left Side****

Circuit #4

2:30 plank non-stop. Every :30 change positions (right, center, left (elbows), Center plank on palms, plank of choice)



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