



Week 3: Workout #3

Equipment:

Dumbbells

Mat

Complete the four exercises in each set for the number of repetitions designated below. 5 sets at 6, 10, 14, 10, and 6 reps. When you complete the entire set, perform the final exercise (example: set 1 step back, pulsing lunges). Finish with 15 minutes of light cardio!

Circuit #1 Reps: 6, 10, 14, 10, 6

- Push up
- Squat
- Super man
- Burpees

-Step back, pulsing lunges *30 R/L

Circuit #2 Reps: 6, 10, 14, 10, 6

- Tricep Dips
- Hamstring curls (on all fours, bring heel to glute)
- Reverse crunch
- Squat jumps

-Mountain climb *30 seconds *2

Circuit #3

- Plank Up, Downs
- Bridge
- Lying Leg Lift
- High knees (Right and Left = 1)

-Wall sit *30 Seconds *2