



THESE WORKOUTS ARE TO BE PERFORMED IN A CIRCUIT FORMAT. SLOW AND CONTROLLED MOVEMENTS ARE ESSENTIAL TO PROVIDE ADEQUATE TIME UNDER TENSION. COMPLETE EACH CIRCUIT FOR THE RECOMMENDED TIME/ SET/REP COUNTS BEFORE MOVING ON TO THE NEXT CIRCUIT. USE A CHALLENGING WEIGHT/RESISTANCE THAT WILL ALLOW FOR PROPER AND SAFE FORM.

Disclaimer: *In order to adjust these workouts to your individual abilities please consider these steps below during your training session(s).*

- 1.Reduce the sets and/or repetitions to match your abilities.*
- 2.Increase rest time between sets and/or exercises to meet your needs.*
- 3.Modify exercises when necessary to remain safe at all times.*

Workout 1.

- [Alternating Step Up](#) 15 x 2 (Body Weight)
 - [Single Arm Single Leg Lateral Raise](#) 12 x 2
 - [Horizontal Abduction - Alternating](#) 15 x 2 (Band)
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- [Dumbbell Stiff Legged Deadlift](#) 12 x 2
 - [Dumbbell Farmers Carry](#) 30 Seconds x 2
 - [Plank Up Downs](#) 12 x 2 (6 leading w/left arm, 6 leading w/right arm)
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- [V-Up Sit Ups](#) 12 x 2
 - [Superman Extension](#) 10 x 2

Workout 2.

- [Lateral Lunge](#) 12 x 2/Leg
 - [Pallof Press](#) 15 x 2
 - [Alternating Bicep Curl](#) 15 x 2
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- [Exercise Ball Hamstring Curl](#) 20 x 2
 - [PT Ball Dead Bug](#) 12 x 2
 - [Swiss Ball Crunch](#) 25 x 2
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- [180 Degree Jump Squat](#) 10 x 2
 - [Donkey Kicks](#) 12 x 2

Workout 3.

- [Goblet Squat](#) 12 x 2
 - [Alternating Rows](#) 15 x 2
 - [Opposite Arm & Leg - Exercise Ball](#) 12 x 2
 - [Half Burpee](#) 30 seconds x 2
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- [Butt Kicks](#) 10 x 2
 - [Single Leg Bridge](#) 12 x 2
 - [Monster Walks](#) 15 steps R-L x 2
 - [Lateral Hops](#) 30 x 2

Workout 4.

- [Romanian Deadlift](#) 10 x 2
 - [Single Arm Single Leg Lateral Raise](#) 12 x 2
 - [Tricep Pulldown \(Alternating\)](#) 20 x 2
 - [Bicep Curl to Overhead Press](#) 10 x 2
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- [Sumo Deadlift \(Dumbbell\)](#) 12 x 2
 - [Two Step Bear Crawl \(F/B\)](#) 10 x 2
 - [Back Flies](#) 12 x 2
 - [Push Ups](#) 15 - 20 x 2 (80 Beats Per Minute Metronome)
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Workout 5.

- [Reverse Lunge to High Knees](#) 15 x 3
 - [Jump Squats](#) 15 x 3
 - [Push Ups](#) 15 x 3
 - [Mountain Climbers](#) 45 x 3
 - [Plank Up Downs](#) 15 x 3
 - [Reverse Sit up](#) 20 x 3
 - [Tricep Dips](#) 15 x 3
 - [Speed Skaters](#) 20 x 3
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Workout 6

- [Squat](#) x25
- [Lunges Alternating Front-to-Back](#) x 30
- [Side Lunge](#) x 30
- [Jump Squats](#) x 25
- [Clamshell](#) x 30 each side
- [Jump lunge](#) x 20
- [Donkey Kicks](#) x 40
- [Sumo Squat](#) x 20
- [Calf Raises](#) x 25
- [High Knees](#) x 15
- [180 jump squat](#) x 15
- [Walking Lunges](#) x 26
- [Split Squat](#) x 15
- [Glute Bridge](#) x 25
- [Jump Knee Tucks](#) x 15

Workout 7

- [V-Up Sit Ups](#) x 30 sec
- [Plank Pull Throughs \(w/ KB or DB\)](#) x 30 sec
- [Glute Bridge](#) x 30 sec
- [Glute Bridge Abductors](#) x 30 sec
- [Glute Bridge Pulse](#) x 30 sec
- [Reverse Crunch](#) x 30 sec
- [Plank](#) x 1 minute
- [Superman Extension](#) x 30 sec
- [Star Crunches](#) x 30 sec

Total of 4 rounds

Workout 8

- [Kettlebell swings](#) 18 reps
 - [Kettlebell goblet reverse lunges](#) 6 reps each side
 - [Unilateral farmers carry](#) 30-45 seconds/side
 - X 5 rounds
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Workout 9

- [Barbell Bent Row](#) 4 reps
 - [Barbell Deadlift](#) 8 reps
 - [Barbell Shrugs](#) 12 reps
- (Use the same weight for all exercises. Row should be challenging. Deadlifts should be fairly light, focus on good form and bracing core.)
- x4 rounds
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Workout 10

- [Incline dumbbell bench press](#) 7 reps + [DB skullcrushers](#) 10 reps (superset)
4 sets
- [Back squat](#) 7 reps + [Box step ups](#) 5 reps each leg (superset)
4 sets
- [Situps](#) 15 reps + [Standing oblique crunches](#) 10 reps each side (superset)
4 sets