



Circuit 1.1

Complete 3 sets of each circuit:

Circuit 1:

Sumo squat w/ heel Raise: 30 seconds

Plank w/ alternating leg lifts: 8 reps each

Plyo Push up: 6 Reps

Circuit 2:

Glute L-Lift: 8 Reps Each

Banana boat: 8 reps each

Split Squat Jump: 30 seconds

Circuit 3:

High-Low plank: 10 reps

Bear squat w/ oblique knee drive: 10 reps each

Lateral lunge w/ forward press: 8 reps each