



## **3.2 Circuit**

**Isometric Focus= a 3 seconds pause at the transition phase of each exercise, notated by (0,3,0)**

### **Circuit 1: 4 sets**

Back Lunge w/ overhead press: 6 reps each (0,3,0)

Dumbbell Row: 6 Reps Each (0,3,0)

Side plank knee to elbow: 6 reps each (0,3,0)

Wall Sit w/ Alternating Leg Lift: 6 Reps Each (0,3,0)

### **Circuit 2: 4 sets**

Dead bug: 6 Reps Each (0,3,0)

45 Degree Skater Lunge: 6 Reps Each (0,3,0)

Dumbbell swing: 6 reps (0,3,0)

Boat hold: 30 seconds