

Total Body Circuit



Stage 1

Circuit #1

- Chair Squat
- Shoulder Bridge
- Counter Push-Ups
- Stationary Lunges

Perform 1-2x30 sec

Circuit #2

- Modified Jumping Jack
- Sumo Squat Hip Opener
- Counter Plank Hold
- Side Lunges

Perform 1-2x30 sec

Circuit #3

- Glute Extensions
- Prone Press Ups
- Knee Press
- Bird Dog

Perform 1-2x30 sec

Stage 2

Circuit #1

- Squat with Pulse
- Elevated Bridge
- Coffee Table Push-Ups
- Reverse Lunges

Perform 2-3x45 sec

Circuit #2

- Jumping Jack
- Sumo Squat with Pulse
- Coffee Table Plank Hold
- Curtsy Lunge

Perform 2-3x45 sec

Circuit #3

- Deadlifts
- Supermans
- Heel Drops
- Bear Crawl Shoulder Tap

Perform 2-3x45 sec

Stage 3

Circuit #1

- Jump Squats
- Single-Leg Bridge
- Floor Push-Ups
- Swing Lunges

Perform 3-4x60 sec

Circuit #2

- Jumping Jack with Punch
- Sumo Squat Jumps
- Floor Plank Push-Ups
- Side to Curtsy Lunge

Perform 3-4x60 sec

Circuit #3

- Single-Leg Deadlift
- Low Plank Leg Lift
- Leg Lift with Toe Touch
- High to Low Plank

Perform 3-4x60 sec

Complete Guide To Circuit Training

S Ben Porath



Complete Guide To Circuit Training:

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