CIRCUIT #1

Note: Keep rest periods short. 20 sec rest or less between exercises & 60 sec or less between each circuit.

CIRCUIT A	REPS	SET 1	SET 2	SET 3
A1. Arnold Press	12			
A2. Single Arm Db Row	8			
A3. Alt Db Forward Lunge	10/leg			
A4. Swiss Ball Forearm Plank	60 sec			

Ignite It Up: Jump Rope 60 sec

CIRCUIT B	REPS	SET 1	SET 2	SET 3
B1. Bb Deadlift	10			
B2. Bb Flat Bench Press	8			
B3. Bb Upright Row	10			
B4. Hanging Leg Raise	12			

Ignite It Up: Jump Squats 45 sec

CIRCUIT C	REPS	SET 1	SET 2	SET 3
C1. Db Lateral Raise	12			
C2. Db Step Ups	10/leg			
C3. Db Bicep Curl	8/arm			
C4. Bicycle Abs	30			

TABATA WORKOUT FINISHER	SETS	WORK	REST
D1. Hop Scotch	2	20 sec	10 sec
D2. Squats	2	20 sec	10 sec
D3. Pushups	2	20 sec	10 sec
D4. Burpees	2	20 sec	10 sec

NOTE: Complete D1 x 20 sec. Rest 10 sec. Complete D2, D3, D4 same way. Rest 10 sec. Repeat