

Warm Up

Set Your Timers!!

Complete the warm up 2 times through, rest and stretch for 2 minutes before beginning the circuits. You will need a variety of barbells for this workout, being careful to choose the appropriate weight. After warm up, do AMRAP, then move to the 1 minute stations where you perform the listed move for 1 minute with 10 sec rest in between. Core exercises are 30 seconds each with a 10 second rest in between. Repeated X 2. Between each station rest for 1 minute, and stretch for 3 at the end! Have fun!!!

Jumping Jacks-30 seconds
 Jump Rope-30 seconds
 Butt Kicks-30 seconds
 High Knees-30 seconds
 Mountain Climbers-30 seconds
 Jump Squats-30 seconds
 Burpees-30 seconds
 Plank Jacks-30 seconds
 Right Knee Ups-30 seconds
 Left Knee Ups-30 seconds
 (REPEAT X 2)

AMRAP-10 MINUTES	1 MINUTE STATIONS-9:10
Pushups-15 Squats-15 No pushup/No jump Burpees-15 Alternating Donkey Kicks-10 *(Complete 10 minutes of work by doing as many rounds as possible of each exercise listed.)	Bicep curl to shoulder press Deadlift to high pull Rotating Squats Plank Circles Lateral to Front Raises Reverse Grip Rows Alternating Lunge Pull through Tricep Kickbacks Knee Slides
CORE-10:20	
Heel Touches-30 sec Leg Raises-30 sec Reverse Crunches-30 sec Plank Hip Dips-30 sec Oblique Knee to Elbow-30 sec Russian Twist-30 sec C-Crunch Hold-30 sec Star Crunch-30 sec (REPEAT X 2)	

Total Time: 45 MINUTES