



DIRECTIONS

Complete the [dynamic warm-up](#) before doing the workout. The chart below breaks down the workout. Perform the circuit of exercises for the designated number of reps unless otherwise noted for time. Complete the first circuit before moving on to the second. Complete 3 sets (three times through all the exercises) in each circuit. There should be minimal rest between exercises. If you have access to heavier weights, please use those for this workout. For all single-leg or single-sided exercises, perform repetitions on both sides.

| CIRCUIT 1 | LBS. | SET | SET | SET |
|----------------------------|------|--------|--------|--------|
| CHEST PRESS (BENCH) | | 6 reps | 6 reps | 6 reps |
| SKULLCRUSHERS (1 DUMBBELL) | | 6 reps | 6 reps | 6 reps |
| LAWNMOWERS | | 6 reps | 6 reps | 6 reps |
| REVERSE FLY | | 6 reps | 6 reps | 6 reps |

| CIRCUIT 2 | LBS. | SET | SET | SET |
|-------------------|------|------------|------------|------------|
| GOBLET SQUAT | | 6 reps | 6 reps | 6 reps |
| STATIONARY LUNGES | | 6 reps | 6 reps | 6 reps |
| LOW PLANK | | 45 seconds | 45 seconds | 45 seconds |
| GLUTE BRIDGE HOLD | | 45 seconds | 45 seconds | 45 seconds |



CHEST PRESS (BENCH)

Lay on a bench flat on your back. If a flat bench is not available to you, perform exercise on the ground. Extend arms over your chest with palms facing away from you. Slowly bend your elbows and lower dumbbells toward your chest. When elbows are at about 90 degrees, press up to starting position.



SKULLCRUSHERS (1 DUMBBELL)

Lay on a flat bench with your feet flat on the ground. Hold a dumbbell sideways with both hands above your head. Hinge at your elbows and bring the dumbbell down slowly towards your forehead. Press the dumbbell away from you while extending at your elbows until you are back to the starting position.



LAWNMOWER

Begin in a lunge stance. Lean forward until your back is at a 45 degree angle to the ground, and place an elbow on your front leg for support. Grasp a dumbbell, then pull the weight right past your side by raising your elbow. Squeeze your shoulder blade back toward your midline. Lower to the starting position. Perform the exercise on both sides.



REVERSE FLY

Stand with feet hip width apart and dumbbells in hand. Bend your knees slightly and lean forward to 45 degrees with dumbbells together. Squeeze your shoulder blades as you slowly raise the dumbbells until your hands are in line with your ears, then release back down. Keep a slight bend in your elbows throughout the exercise.





GOBLET SQUAT

Stand with your feet shoulder-width apart, with your toes facing forward or slightly out. At chest level, hold the top part of one dumbbell vertical in your hands with your fingertips facing the ceiling. Pull your shoulders back and press your hips back as you bend your knees, lowering your weight until your quads are parallel to the floor. Make sure to keep your weight spread throughout both of your feet. Return to the starting position.



STATIONARY LUNGES

Begin standing with feet together. With your right leg, step forward and lunge down until your front leg is parallel to the ground while allowing your knee to slide forward toward your toes. Your back leg should be bent to 90 degrees and hover just above the ground. Return to starting position and switch legs.



LOW PLANK

Position your elbows on the floor or a mat, directly under your shoulders with your legs extended straight behind you. Keep your hands in line with your elbows and back in a straight line. Drive your hands and feet hard into the ground, which will allow your shoulders and hips to stabilize. Hold position.



GLUTE BRIDGE HOLD

Lay on your back on the floor or a mat with arms at your sides and your feet flat on the ground, hip width apart. Slowly lift your hips into the air and pause when your hips are in a straight line between your knees and shoulders. Hold position.

