**COMPLETE 5 MINUTES OF FOAM ROLLING + 5-10 MINUTES OF DYNAMIC WARM-UP**

**Circuit 1 - Complete 3 Sets**

**Take 30 seconds of rest in between exercises if needed.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise Name** | **W1** | **W2** | **W3** | **W4** | **W5** |
|  | **Time/Lbs.** | **Time/Lbs.** | **Time/Lbs.** | **Time/Lbs.** | **Time/Lbs.** |
| Double Lunge Jump to Burpee | 30 sec. |  |  |  |  |
| Squat Jumps | 30 sec. |  |  |  |  |
| Push-up To Thirsters | 30 sec. |  |  |  |  |
| Bulgarian Squat Jumps | 30 sec. |  |  |  |  |
| Lateral Shuffles | 30 sec.  |  |  |  |  |

**\* TAKE A 60 SECOND REST AT THE END OF THE CIRCUIT BEFORE YOU MOVE ON TO YOUR SECOND SET**

**Extra Exercises**

**WERE YOU FEELING EXTRA? WHAT OTHER EXERCISES DID YOU DO? TRACK HERE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise Name** | **W1** | **W2** | **W3** | **W4** | **W5** |
|  | **Time/Lbs.** | **Time/Lbs.** | **Time/Lbs.** | **Time/Lbs.** | **Time/Lbs.** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
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**\* TAKE A 60 SECOND REST AT THE END OF THE CIRCUIT BEFORE YOU MOVE ON TO YOUR SECOND SET**

**Cardio**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **W1** | **W2** | **W3** | **W4** | **W5** |
|  | **Time/Km** | **Time/Km** | **Time/Km** | **Time/Km** | **Time/Km** |
| 10 Min. Cardio of your choice |  |  |  |  |  |