

Day 1		Day 2	
<b>Circuit 1</b>		<b>Circuit 1</b>	
Dumbbell Presses on Ball	20 reps (10 each arm)	Wide Grip Lat Pull Down	20,12,6
Dumbbell Flues on Ball with Crunches	15 reps (half the weight)	Dumbbell row	15 reps
Squats	50 fast (no weight)	Lunges	25 each leg (no added weight)
one minute sprint 7 mph		One minute run hill, incline 10, speed 5.5	
<b>Circuit 2</b>		<b>Circuit 2</b>	
Plank	10 sec	Low Dumbbell Row	15 reps
Close grip push ups	5 or more	Seated Hamstring Curl	15 reps
Side Planks with inner thigh raise	10	Step ups	20 each leg
Plank	10 sec	One minute run hill, incline 10, speed 5.5	
Close grip push ups	5 or more	<b>Circuit 3</b>	
Side Planks with inner thigh raise	10	Crab Walk	10 steps
Plank	5sec	Reverse Plank	5 leg lifts each side
Burpies	10	Crab Walk	10 steps backward
Sumo Squat	50 fast (no weight)	Reverse Plank	5 leg lifts each side
one minute sprint 7 mph		Supermans	20 (hold for 20 secs at end)
<b>Circuit 3</b>		Reverse Crunches	25 reps
Frog Push ups	20 reps	Mountain Climbers	1 min
Squat Thrust	20	<b>Circuit 4</b>	
Static Squat	5 sec	Pendulum lunge with Hammer Curl	10 reps each side
W Shoulder Press with Leg Ext	10 each leg	Hammer curls	to failure
Jump Rope 1 minute		Static Lunges with Reverse Cable Fly	10 reps per leg
<b>Circuit 4</b>		One minute run hill, incline 10, speed 5.5	
Bench Dips	20 reps	<b>Circuit 5</b>	
Rope Tricep Press	Perform to Failure	One Leg Pelvic Thrust	15 per leg
Static Lunges with Lateral Shoulder Raise	10 each leg	Toe Touch Crunches	25 reps
Mountain Climbers	1 min	Mountain Climbers	1 min
Boat Pose	30 sec		
<b>Circuit 5</b>			
Jump Rope 1 minute			
Bicycle Crunches	50 reps		
Extended Plank	30 sec		