ELEVATE Core ADJ
Scrunch (On Knees)



ELEVATE Press
Shoulder Press



ELEVATE Jump **Squat** 



ELEVATE Pull-Up **Pull-Up (Overhand Grip)** 



ELEVATE Row ADJ

Overhand Row (Low)





ELEVATE Core ADJ

Moving Plank (on Elbows)

ELEVATE Press

Shoulder Press (Wide Grip)

ELEVATE Jump **Jump** 







ELEVATE Pull-Up

Plyometric Pull-Up (Overhand Grip)

ELEVATE Row ADJ

Overhand Row (High)





### **ELEVATE CIRCUIT WORKOUT**

**ELEVATE Core ADJ Oblique Scrunch with Knees** (Right Side)



**ELEVATE Press Plyometric Shoulder Press** 



ELEVATE Jump Single Leg Squat



ELEVATE Pull-Up Pull-Up (Underhand Grip)



**ELEVATE Row ADJ Biceps Curl** 





#### **ELEVATE CIRCUIT WORKOUT**

## ROUND 4

Oblique Scrunch with Knees (Left Side)



ELEVATE Press
Push-Up



ELEVATE Jump

Alternating Wide Leg Staggered Squat Jump

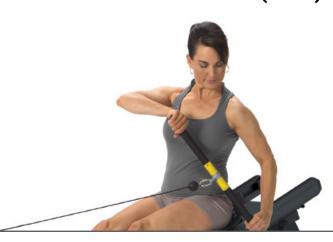


ELEVATE Pull-Up **Pull-Up** 



ELEVATE Row ADJ

Alternate Row (Left)





ELEVATE Core ADJ

Moving Plank (Arms Extended)



ELEVATE Press
Shoulder Press



ELEVATE Jump
Single Leg Squat (Opposite Side)



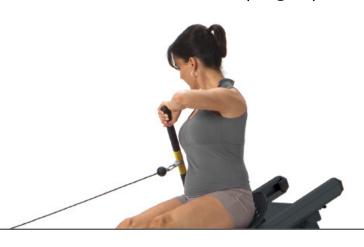
ELEVATE Pull-Up

Plyometric Pull-Up



ELEVATE Row ADJ

Alternate Row (Right)





### **ELEVATE CIRCUIT WORKOUT**

**ELEVATE Core ADJ** Scrunch (On Toes)

**ELEVATE Press Plyometric Shoulder Press** 

ELEVATE Jump **Plyometric Split Jump** 







ELEVATE Pull-Up Pull-Up (Parallel Grip)



**ELEVATE Row ADJ Underhand Overhand Pull** 

