

# Heart Rate BODY BLAST

## CIRCUIT ROUTINE

01

CHEST

### Decline Push Ups

Using a box or bench, elevate feet with hands on the floor; lower body and pause Press Up & repeat.

Reps: 12-15

02

BACK

### Inverted Back Row

Using a racked barbell or ledge, hang underneath facing ceiling with feet on floor or box; pull chest to bar Lower & repeat.

Reps: 12-15

03

LEGS

### Box Jumps

Standing 24 inches from a low box or bench, jump onto the box Stand & repeat.

Reps: 12-15

04

DELTS

### Standing Shoulder Press

Standing strait in a neutral stance with knees slightly bent, press weights overhead; pause & repeat.

Reps: 12-15

05

GLUTES

### Glute Kickback

Bent over parallel to the ground and bracing torso facing down, kick back leg one at a time and pause Lower & repeat.

Reps: 12-15

06

CORE

### Plank

Forearms and feet on the ground, back strait and hips down hold for 30 sec - 1 min.

Reps: 12-15

Repeat above exercise sequence for 3-5 rounds.

Want to push a little harder? Finish up with your favorite ab routine or a 20-30 minute brisk walk, jog or run.

Be sure to hydrate throughout and take rests between sets as needed.

