

Full Body

Circuit A:

Jump Rope
Incline Push – Ups
DB Step Ups
BB Clean & Press

Circuit B:

Alt. Toe taps on box
Ab Roll outs
Spider Monkey
Burpee to Box Jump

Circuit C:

Assisted pull-ups
Med Ball Slams
KB Squat to Shoulder Press
Plate overhead Lunges

Notes:

•Circuits: 30 seconds at each movement, 5s transition time to next movement, 90s rest at the end of the circuit, repeat this 3x.

*Week 3: move up to 45s at each movement for 3 rounds 😊