





DAY 1: LEGS & BUNS

equipment needed: Dumbbells





Follow the workouts from left to right, top to bottom. Use a running clock or download a customizable timer app.

CIRCUIT 1

EXERCISE	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Sumo Squat</u></p> 	<p><u>Single Leg Glute Bridge</u> (alternating legs)</p> 	<p>20 sec work 40 sec rest</p>	<p>30 sec work 30 sec rest</p>	<p>40 sec work 20 sec rest</p>
<p><u>Box Squat to Lunge</u> (alternate the lunging leg each rep)</p> 	<p><u>Glute Bridge</u></p> 	<p>20 sec work 40 sec rest</p>	<p>30 sec work 30 sec rest</p>	<p>40 sec work 20 sec rest</p>

Level 1: Repeat Circuit twice.
Levels 2&3 : Repeat Circuit 3 times

CIRCUIT 2

EXERCISE	EXERCISE	LEVEL 1	LEVEL 2	LEVEL 3
<p><u>Sumo Squat Hold with Calf Raises</u></p> 	<p><u>Curtsy Lunge to Step Up</u></p> 	<p>20 sec work 40 sec rest</p>	<p>30 sec work 30 sec rest</p>	<p>40 sec work 20 sec rest</p>
<p><u>Sumo Squat Hops</u></p> 	<p><u>Wall Sit</u></p> 	<p>20 sec work 40 sec rest</p>	<p>30 sec work 30 sec rest</p>	<p>40 sec work 20 sec rest</p>




Level 1: Repeat Circuit twice.
Levels 2&3 : Repeat Circuit 3 times

DAY 2: BACK & SHOULDERS with PLYOS

equipment needed: Dumbbells




Follow the workouts from left to right, top to bottom. Perform the Plyo move to the right of the strength move directly after completing the strength move for the amount of time specified under your fitness level.

CIRCUIT 1

Exercise	Round 1	Round 2	Round 3
Overhead Press 	15 reps	10 reps	5 reps
Car Drivers 	15 reps	10 reps	5 reps
Burpee 	15 reps	10 reps	5 reps

Level 1: Only do 10/5 rep rounds.

CIRCUIT 2

Exercise	Round 1	Round 2	Round 3
Front & Side Raises 	15 reps	10 reps	5 reps
Split Lunge Jerk 	15 reps	10 reps	5 reps
Rainbow Raises 	15 reps	10 reps	5 reps





Level 1: Only do 10/5 rep rounds.

DAY 3: CORE & HIIT TABATAS

equipment needed: Dumbbells





Download a Tabata Timer to make this easier to follow! EACH EXERCISE will be 20 seconds long, with a 10 second rest before moving on to the next move. Complete each circuit for as many rounds as I have listed below based on your fitness level. Level 3 will be a little longer than 30 minutes, so plan accordingly!

CIRCUIT 1

<p><u>Low Plank Hold</u></p> 	<p><u>Low Plank Alternating Knee Taps</u></p> 
<p><u>Plank Rock Forward & Back</u></p> 	<p><u>Rotating Hip Dips</u></p> 





LEVEL 1: Complete 2 rounds. LEVELS 2&3: Complete 3 rounds

CIRCUIT 2

<p><u>Russian Twists</u></p> 	<p><u>Flutter Kicks</u></p> 
<p><u>Windshield Wipers</u></p> 	<p><u>V-Sit Knees to Chest</u></p> 

LEVEL 1: Complete 2 rounds. LEVELS 2&3: Complete 3 rounds

CIRCUIT 3






<p><u>Half Burpee</u></p> 	<p><u>Mat Hop Overs</u></p> 
<p><u>High Knees</u></p> 	<p><u>Cross Body Mountain Climbers</u></p> 

LEVEL 1: Complete 2 rounds. LEVELS 2&3: Complete 3 rounds

DAY 4: CHEST, ARMS, PLYOS

Equipment Needed: Dumbbells, Step/Chair




CIRCUIT 1

STRENGTH	PLYOS	LEVEL 1	LEVEL 2	LEVEL 3
<p>Chest Fly</p> 	<p>Toe Taps</p> 	<p>8 reps strength 10 reps plyos</p>	<p>10 reps strength 20 reps plyos</p>	<p>12 reps strength 30 reps plyos</p>
<p>Hammer Curl</p> 	<p>Speed Skaters</p> 	<p>8 reps strength 10 reps plyos</p>	<p>10 reps strength 20 reps plyos</p>	<p>12 reps strength 30 reps plyos</p>
<p>Chest Press</p> 	<p>Breakdancers</p> 	<p>8 reps strength 10 reps plyos</p>	<p>10 reps strength 20 reps plyos</p>	<p>12 reps strength 30 reps plyos</p>
<p>Tricep Kickback</p> 	<p>Alternating Reverse Lunge with Kick</p> 	<p>8 reps strength 10 reps plyos</p>	<p>10 reps strength 20 reps plyos</p>	<p>12 reps strength 30 reps plyos</p>

LEVEL 1: Complete 2 rounds. LEVEL 2: Complete 3 rounds LEVEL 3: Complete 4 rounds




CIRCUIT 2: BURNOUT

Go through the circuit below 5 times. First round, 5 reps of each. Second round, 4 reps of each, third round, 3 reps of each, etc. Try to do this with as little rest as possible, in order to get the ultimate muscle burnout.

STRENGTH	ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5
<p>Push-Up</p> 	5 reps	4 reps	3 reps	2 reps	1 rep
<p>Bicep Curl</p> 	5 reps	4 reps	3 reps	2 reps	1 rep
<p>Burpee</p> 	5 reps	4 reps	3 reps	2 reps	1 rep




DAY 5: FULL BODY BURNER

CIRCUIT 1

Exercise	Round 1	Round 2	Round 3
Pike to Plank + Plank Jack 	15 reps	10 reps	5 reps
Power Knees 	15 reps (each leg)	10 reps	5 reps
Reverse crunch 	15 reps	10 reps	5 reps

Level 1: Only do 10/5 rep rounds.

CIRCUIT 2

Exercise	Round 1	Round 2	Round 3
Plank Jack Out & Up 	15 reps	10 reps	5 reps
Squat Scissor Jump 	15 reps	10 reps	5 reps
Frog Hop Burpee 	15 reps	10 reps	5 reps

Level 1: Only do 10/5 rep rounds.