



LOVE YOUR BOD

NAMA SLAY

COMPLETE 5 MINUTES OF FOAM ROLLING + 5-10 MINUTES OF DYNAMIC WARM-UP

Giant Circuit 1

REPEAT THE CIRCUIT 3X

EXERCISE NAME	W1 TIME/LBS	W2 TIME/LBS	W3 TIME/LBS	W4 TIME/LBS	W5 TIME/LBS	W6 TIME/LBS
ROCKCLIMBER TO JUMPING JACKS	60 SECONDS 0 LBS					
WIDE DUMBBELL SQUAT TO CROSS PUNCHES	60 SECONDS 3-10 LBS					
ALTERNATING REVERSE LUNGE WITH REVERSE FLYS	60 SECONDS 5-15 LBS					
DUMBBELL FRONT RAISE TO REVERSE FLY	60 SECONDS 3-10 LBS					
SCORPIONS	60 SECONDS 0 LBS					
DUMBBELL IRON CROSS	60 SECONDS 3-10 LBS					
REVERSE PLANK LEG LIFTS	60 SECONDS 0 LBS					
SPEED SKATERS WITH LOOP BAND	60 SECONDS 0 LBS					
KNEELING TO SQUATTING	60 SECONDS 0 LBS					
REVERSE PLANK REACHOVERS	60 SECONDS 0 LBS					

* TAKE A 60 SECOND REST AT THE END OF THE CIRCUIT BEFORE YOU MOVE ON TO YOUR SECOND SET

Cardio

EXERCISE NAME	W1 TIME/KM	W2 TIME/KM	W3 TIME/KM	W4 TIME/KM	W5 TIME/KM	W6 TIME/KM

COMPLETE 5 MINUTES OF COOL DOWN STRETCHES