



LOVE YOUR BOD

# NAMA SLAY AT HOME

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
JUMPING JACKS TO ROCKCLIMBERS	60 SECONDS 0 LBS					
BULGARIAN SPLIT SQUATS	60 SECONDS 0-10 LBS					
PUSH-UPS FROM KNEES	60 SECONDS 0 LBS					
SQUAT WITH ABDUCTOR KICK	60 SECONDS 0 LBS					
SPRINTING ON THE SPOT	60 SECONDS 0 LBS					
ALTERNATING CROSSOVER LUNGE TO SIDE LUNGE	30 SECONDS 0-10 LBS					
BURPEE	60 SECONDS 0 LBS					
SUPERMANS	60 SECONDS 0 LBS					
WALL SIT LEG EXTENSIONS	30 SECONDS 0 LBS					
WALL SIT HOLDS	30 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