



LOVE YOUR BOD

OH MY QUADS BECKY

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

Circuit 1

REPEAT THE CIRCUIT 3X

EXERCISE NAME	W1	W2	W3	W4	W5	W6
	REPS/LBS	REPS/LBS	REPS/LBS	REPS/LBS	REPS/LBS	REPS/LBS
DUMBBELL BULGARIAN SPLIT SQUATS	8-12 REPS 0-25 LBS					
DUMBBELL HIP BRIDGES	15-20 REPS 0-40 LBS					
DUMBBELL ALTERNATING FORWARD LUNGE TO REVERSE LUNGE	8-12 REPS 0-25 LBS					
DUMBBELL SINGLE LEG DEADLIFT TO SQUAT TO CROSSOVER	6-8 EACH 0-40 LBS					

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

Circuit 2

REPEAT THE CIRCUIT 3X

EXERCISE NAME	W1	W2	W3	W4	W5	W6
	TIME/LBS	TIME/LBS	TIME/LBS	TIME/LBS	TIME/LBS	TIME/LBS
GOBLET DOUBLE BOUNCE SQUATS	12-15 REPS 0-50 LBS					
GOBLET SIDE LUNGE WITH ABDUCTOR SIDE RAISE	8-12 REPS 0-30LBS					
QUADRUPED STRAIGHT LEG ABDUCTOR RAISES	12-15 EACH 0 LBS					

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

Core Circuit

REPEAT THE CIRCUIT 3X

EXERCISE NAME	W1	W2	W3	W4	W5	W6
	TIME/LBS	TIME/LBS	TIME/LBS	TIME/LBS	TIME/LBS	TIME/LBS
STARFISH ABS	20 REPS 0 LBS					
PLANK TO OPPOSITE TOE TAPS	20 REPS 0 LBS					
DUMBBELL HALF TURKISH GET-UPS	10 EACH 5-20 LBS					

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

Cardio

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

COMPLETE 5 MINUTES OF **COOL DOWN STRETCHES**