LOVE YOUR BOD

RUNNING HARDER THAN MASCARA

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

Circuit 1

REPEAT THE CIRCUIT 3-4X

EXERCISE NAME	W1 TIME/LBS	W2 TIME/LBS	W3 TIME/LBS	W4 TIME/LBS	W5 TIME/LBS	W6 TIME/LBS
SINGLE LEG DEADLIFT TO REVERSE FLY	30 SECONDS 2-12 LBS					
PLANK WALKOUTS	60 SECONDS 0 LBS					
WALKING LUNGE TO OVERHEAD PRESS	60 SECONDS 2-12 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 3-4X

EXERCISE NAME	W1 TIME/LBS	W2 TIME/LBS	W3 TIME/LBS	W4 TIME/LBS	W5 TIME/LBS	W6 TIME/LBS
SCORPIONS	30 SECONDS 0 LBS					
SIDE LUNGE WITH MEDICINE BALL OR DUMBBELL TWISTS	60 SECONDS 5-20LBS					
MEDICINE OR DUMBBELL BALL V-UPS	60 SECONDS 5-20LBS					

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

COMPLETE 5 MINUTES OF COOL DOWN STRETCHES