



LOVE YOUR BOD

SAVAGE AF

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

Circuit 1 - AMRAP

REPEAT THE CIRCUIT FOR AS MANY ROUNDS AS POSSIBLE WITHIN 20 MINUTES

EXERCISE NAME	W1 TIME/LBS	W2 TIME/LBS	W3 TIME/LBS	W4 TIME/LBS	W5 TIME/LBS	W6 TIME/LBS
2X PLANK BUTT TAPS, 1 PUSH-UP + 1 BURPEE	5 REPS TOTAL					
DUMBBELL SQUAT & PRESS	10 REPS 5-20 LBS					
ALTERNATING BICEPS CURL TO LATERAL RAISE	10 TOTAL 5-15 LBS					
JUMP LUNGE TO SQUAT & TUCK	10 TOTAL					
TRICEPS BENCH DIPS	15 REPS					

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

Extra Exercises

WERE YOU FEELING EXTRA? WHAT OTHER EXERCISES DID YOU DO? TRACK HERE

EXERCISE NAME	W1 TIME/LBS	W2 TIME/LBS	W3 TIME/LBS	W4 TIME/LBS	W5 TIME/LBS	W6 TIME/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
10 MINUTES CARDIO OF YOUR CHOICE						

COMPLETE 5 MINUTES OF COOL DOWN STRETCHES