



LOVE YOUR BOD

SO FETCH!

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

Giant Circuit

REPEAT THE CIRCUIT 3X

EXERCISE NAME	W1 REPS/LBS	W2 REPS/LBS	W3 REPS/LBS	W4 REPS/LBS
DUMBBELL SQUAT AND PRESS	20 REPS 5-25 LBS			
ALTERNATING DUMBBELL FORWARD LUNGE TO LATERAL RAISE	10 EACH 3-12 LBS			
ALTERNATING REVERSE LUNGES TO FRONT RAISES	10 EACH 3-12 LBS			
DUMBBELL BENCH STEP-UPS TO BICEPS CURLS	10 EACH 0-25 LBS			
TRICEPS DIPS	10-20 REPS N/A			
IN & OUT SQUAT JUMPS	30 REPS N/A			
ALTERNATING REVERSE LUNGE REAR DELT FLYS	20 REPS 3-12 LBS			
PUSH-UP TO SQUAT THRUSTER	10-20 REPS N/A			
DUMBBELL WALKING LUNGES	20 REPS 0-25 LBS			

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