

Circuit by Avi V.

Description & Equipment

2 Dumbbells, Heavy Back Pack

- Perform each exercise for 45 sec
- Rest for 15 sec between exercises
- Complete 2-3 rounds of the circuit.

The Workout

1. Front Squat with a 2 sec pause at the bottom (Alternative body weight squats)
2. Sock Mountain Climbers
3. Lunge with Bicep Curls (Alternative weighted Lunges)
4. 2 Forward Jumps High Knee Back (Alternative High Knees)
5. Bag Pack Swing
6. Russian Twists (Alternative feet on the ground)
7. Tricep Push up with Shoulder Tap (Alternative Push Up on Knees)
8. Sit Up to a Toe Reach (Alternative Sit Ups)
9. 4 Legged Row (Alternative Renegade Rows on Knees)
10. Ecc Squats with Tuck Jump (Alternative remove the jump)
11. Low Squat Press (Alternative hold the Squat + Shoulder Press)
12. Plank Jacks (Alternative Plank)

Make sure to stretch each main muscle group and any other areas of tension.

Please watch the videos on our Facebook Page to look at different modifications and options.

Try the workout and give the video Facebook a thumbs up or comment below and let me know what you think!!