

Warm up: 50 Jumping Jacks

Circuit 1: (Legs)

1. Sumo Squat (45 seconds work - 15 seconds rest)
2. Weighted Lunges Alternating Legs (45 seconds work - 15 seconds rest)
3. Single Leg Deadlifts Right Leg (45 seconds work - 15 seconds rest)
4. Single Leg Deadlifts Left Leg (45 seconds work - 15 seconds rest)
5. Weighted Jump Squat (45 seconds work - 15 seconds rest)

1 MINUTE 15 SECONDS REST

Circuit 2: (Arms)

1. Curls (45 seconds work - 15 seconds rest)
2. Lunge Shoulder Press (45 seconds work - 15 seconds rest)
3. Hammers (45 seconds work - 15 seconds rest)
4. Squat Shoulder Press (45 seconds work - 15 seconds rest)
5. Tricep Kickbacks (45 seconds work - 15 seconds rest)

1 MINUTE 15 SECONDS REST

Circuit 3: (Back and Shoulders)

1. Front to Lateral Raise (45 seconds work - 15 seconds rest)
2. Bent Rows (45 seconds work - 15 seconds rest)
3. Dumbbell Shrugs (45 seconds work - 15 seconds rest)
4. Front Dumbbell Raises (45 seconds work - 15 seconds rest)
5. Bent Rows Alternating Arms (45 seconds work - 15 seconds rest)

1 MINUTE 15 SECONDS REST

Circuit 4: (Core)

1. Dumbbell Push-Ups (45 seconds work - 15 seconds rest)
2. Dumbbell Toe Touch (45 seconds work - 15 seconds rest)
3. Russian Twist (45 seconds work - 15 seconds rest)
4. Weighted Side Plank Hip Raises Right Side (45 seconds work - 15 seconds rest)
5. Weighted Side Plank Hip Raises Left Side (45 seconds work - 15 seconds rest)

Cool Down: Pick your favorite cool down stretches

These are just a few Athletic Stretch/Yoga examples to try (Hold for 10 seconds each)

Athletic Stretch:

- Touch your Toes and hold
- Hamstring Stretch
- Quad Stretch
- Shoulder Stretch
- Runner's Lunge
- Seated Forward Bend
- Butterfly

Yoga:

- Downward Facing Dog
- Child's Pose
- Pigeon
- Cat/Cow
- Supine Twist