

# Total Body Circuit



Stage 1

## Circuit #1

- Chair Squat
- Shoulder Bridge
- Counter Push-Ups
- Stationary Lunges

Perform 1-2x30 sec

## Circuit #2

- Modified Jumping Jack
- Sumo Squat Hip Opener
- Counter Plank Hold
- Side Lunges

Perform 1-2x30 sec

## Circuit #3

- Glute Extensions
- Prone Press Ups
- Knee Press
- Bird Dog

Perform 1-2x30 sec

Stage 2

## Circuit #1

- Squat with Pulse
- Elevated Bridge
- Coffee Table Push-Ups
- Reverse Lunges

Perform 2-3x45 sec

## Circuit #2

- Jumping Jack
- Sumo Squat with Pulse
- Coffee Table Plank Hold
- Curtsy Lunge

Perform 2-3x45 sec

## Circuit #3

- Deadlifts
- Supermans
- Heel Drops
- Bear Crawl Shoulder Tap

Perform 2-3x45 sec

Stage 3

## Circuit #1

- Jump Squats
- Single-Leg Bridge
- Floor Push-Ups
- Swing Lunges

Perform 3-4x60 sec

## Circuit #2

- Jumping Jack with Punch
- Sumo Squat Jumps
- Floor Plank Push-Ups
- Side to Curtsy Lunge

Perform 3-4x60 sec

## Circuit #3

- Single-Leg Deadlift
- Low Plank Leg Lift
- Leg Lift with Toe Touch
- High to Low Plank

Perform 3-4x60 sec

# Complete Guide To Circuit Training

**Judd E. Hollander**



## **Complete Guide To Circuit Training:**

## **Complete Guide To Circuit Training** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Complete Guide To Circuit Training**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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