

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 Circuit Training Guide

Raffaela Di Napoli



Complete Circuit Training Guide:

Enjoying the Beat of Expression: An Emotional Symphony within **Complete Circuit Training Guide**

In a world eaten by screens and the ceaseless chatter of immediate communication, the melodic splendor and psychological symphony developed by the published word usually fade in to the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. However, situated within the pages of **Complete Circuit Training Guide** a wonderful fictional treasure brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this interesting masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden songs and profound affect resonating within each carefully constructed phrase. Within the depths of this touching assessment, we shall investigate the book's central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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