

# HOME CIRCUIT 1

x 2 rounds

(1, R, 2, R)

1 + 2	Step Ups	easy	10 reps
	Squat	med	20 reps
	Dips	hard	30 reps
	Pullups/Bent Row		
	Lunges	<u>Eq.</u>	
	Pushups	dB or BB	
	db Bicep Curl	step	
	Side-side box jumps	pullup bar or bent row bar	
	Shoulder Press		

Recovery	Crunches	Scissors (100)
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# HOME CIRCUIT 2

Recovery	Skipping (100)	Crunches	Reverse Crunch
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1, 2 + 3	Step Ups	easy	10 reps
	Squats	medium	20 reps
	Pushups	hard	30 reps
	Dips		
	Pullups/bent row		
	db Bicep curl	<u>Eq.</u>	
	Lunges	dB or BB	
	Box Jumps	step	
	Shoulder Press	pullup bar or bent row bar	
	Upright rows	Skip rope	
Deadlift			

x 3 rounds

(R, 1, R, 2, R, 3, R)