

daily
WORKOUT

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DATE

__/__/____

NAME:

FRIDAY

Full Body Circuit Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER:

THE CIRCUITS

Circuit 1:

1 minute high knees
15 squats w/ curl to press w/ calf raise
20 weight runs per side

Circuit 2:

10 burpees
1 minute jumping jacks
20 weighted crunches

Circuit 3:

20 alternating curtsy lunge w/ t-raise
12 triceps kickbacks w/ single leg booty
kickback per side
15 single arm rows in lunge position per side

Circuit 4:

1 minute plank hold
12 up/down planks
16 alternating back lunges with biceps curl