

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:

40 bicycle crunches

15 pushups

20 squat jumps

Circuit 2:

15 woodchops per side

10 front shoulder raises

20 split lunge jumps

Circuit 3:

20 alternating back lunges w/ bicep curl

1 minute jumping jacks

20 squats to shoulder press

Circuit 4:

25 squats

10 burpees

20 x-ups