

daily
WORKOUT

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DATE

__/__/____

NAME:

MONDAY

Legs & Cardio Circuit Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER:

THE CIRCUITS

Circuit 1:

20 squats + 10 squat pulses
15 squat jumps
1 minute jump rope

Circuit 2:

30 walking lunges
20 split lunge jumps
40 mountain climbers

Circuit 3:

10 double squat jump burpees
24 alternating back lunges
1 minute high knees

Circuit 4:

15 squats to press with calf raise
15 RDLs to upright row
30 glute hip bridges