

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:

1 minute skaters
20 alternating curtsy lunge w/ t-raise
20 standing leg abductors per side

Circuit 2:

1 minute high knees
12 back lunges with knee raise per side
10 double pulse lunge jumps

Circuit 3:

15 jump squats
30 walking lunges
40 mountain climbers

Circuit 4:

15 squats w/ curl to press w/ calf raise
30 squat pulses
10 burpees