

daily

WORKOUT

WWW.BESSHARRINGTONCARTER.COM

DATE

__/__/____

NAME:



FRIDAY

WEIGHTS USED:

DAILY MEALS &
WATER

Full Body Workout
COMPLETE 3 ROUNDS OF EACH CIRCUIT

THE CIRCUITS

Circuit 1:

- 30 alternating split lunge jumps
- 12 static lunges + 12 lunge pulses per side
- 20 v-sit crunches w/ bicep curl

Circuit 2:

- 20 plie squats with upright row
- 10 plie squat jumps
- 20 weighted oblique crunches per side

Circuit 3:

- 20 alt. back lunge w/ dumbbell twist
- 30 seconds dumbbell press jacks
- 20 toe touch abs

Circuit 4:

- 12 triceps kickbacks w/ single leg booty kickback per side
- 10 alternating burpees + snap jumps
- 1 minute kettlebell swings

Finish with an optional 15-20 minute walk on the treadmill or outside!