

daily

WORKOUT

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DATE

__/__/____

NAME:



FRIDAY

Full Body & Cardio Workout

COMPLETE 3 ROUNDS OF EACH CIRCUIT

WEIGHTS USED:

DAILY MEALS &
WATER

THE CIRCUITS

Circuit 1:

- 10 double squat jump burpees w/ 4 alternating shoulder taps
- 16 plie squats to V-press
- 40 bicycle crunches

Circuit 2:

- 20 split lunge jumps
- 15 back lunges with knee in + bicep curl (per side)
- 10 crunches + 10 sit ups

Circuit 3:

- 10 woodchops (per side)
- 1 minute high knees
- 20 weighted glute hip bridges

Circuit 4:

- 15 jump squats
- 20 hammer curls
- 15 RDLs to upright row with triceps extensions

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