

# Abs & Arms Circuit Workout

Complete 4 rounds of each circuit  
Run, jog, or jump rope for 5 minutes after  
each circuit!!

## CIRCUIT ONE

12 single arm rows  
in lunge (per side)



15 single leg back lunge

w/ overhead triceps extension (per side)



24 biceps curls



## CIRCUIT TWO

40 bicycle crunches



30 seconds high knees



20 alternating curtsy lunge  
with T raise



## CIRCUIT THREE

20 standing oblique crunches



20 weight runs per side



20 X-up crunches

