

Full Body Circuit Workout

|| Complete 3 rounds of each circuit ||

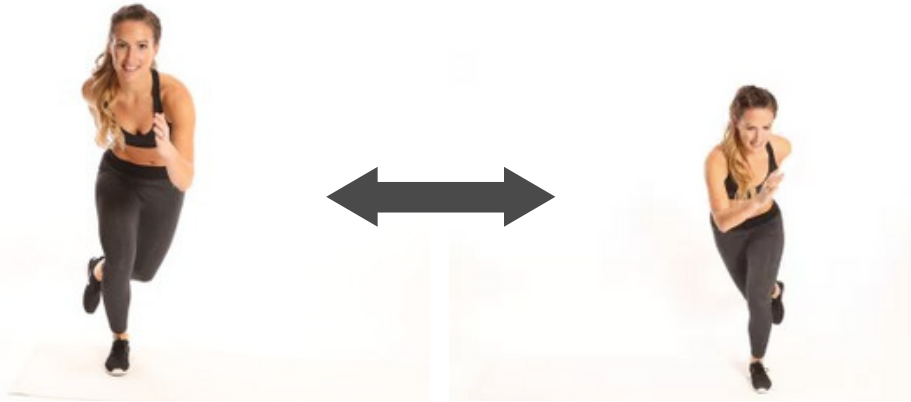
20 Squats with Alternating Leg Abductor

CIRCUIT ONE



1 minute Skaters

12 Triceps kickbacks w/ booty kickback



15 Hammer Curl to Press

CIRCUIT TWO



40 Bicycle Crunches

12 Woodchops



20 Alternating Curtsy Lunge w/ T-Raise

CIRCUIT THREE



15 Plie Squat Jumps

30 Glute Hip Bridges

