



learn and burn 2.0



Do set 1 of each exercise in A before resting and starting the second round of A. After 3 rounds move to B in the same format, then C

foam roll, stretch, + hip/core warm up encouraged

Circuit	Exercise	Sets/Reps	Notes
A	DB Deadlift	3 x 8 SLOW	Move slow for technique. Chest broad, flat back, soft knees. Focus on pushing your butt back while pressing down through feet. Should feel glutes/hamstrings
	Half kneeling overhead press	3 x 8 each	Opposite leg in front, think of pressing with your shoulder blade
	Front Plank	3 x :20	Avoid over arching lower back or sagging of the hips
<i>Minimal rest, 3 rounds</i>			
B	Bodyweight Split Squat	3 x 8 each	Lean on the front leg keeping pressure on the front heel. Push down, and back through front foot instead of forward
	Bench Supported Wide Elbow Row	3 x 10	Move the dumbbell from middle to out to work more upper back
	Spicy clamshells	3 x 8	Hips high, pushing down through bottom knee
<i>Minimal rest, 3 rounds</i>			
C	Nosebreakers	3 x 10	Only move from the elbow
	Alternating Bicep Curls	3 x 10 each	Soft knees, only move from the elbow
	Lateral Raises	3 x 10	Try not to shrug shoulders
<i>Minimal rest, 3 rounds</i>			