



learn and burn



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	Goblet Squat	3 x 12	Chest broad, heels firm, rotate knees out as you lower
	Knee Supported Row	3 x 12 each	Chest broad, core tight
	Dead Bug	3 x 8 each	Keep back flat on the ground
<i>Minimal rest, 3 rounds</i>			
B	Glute Bridges	3 x 12	Hips high, press through heel
	Alternating Chest Press	3 x 8 each	Core tight
	Side Plank	3 x :20 each side	Hips high
<i>Minimal rest, 3 rounds</i>			
C	Tricep Kickbacks	3 x 12	Pause with arm extended
	Bicep Curls	3 x 12	Soft knees, palms up
	Trunk Stability Rotation	3 x 5 each way	knees together
<i>Minimal rest, 3 rounds</i>			