

slow with the flow

Each rep should take 5 seconds

focus on technique, range, and core stiffness.

Do set 1 of each exercise in A before resting and starting the second round of A. After 2 rounds move to B in the same format.

Feel free to add a set per exercise if you have the time or want more work.

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

Circuit	Exercise	Sets/Reps	Cues
A	SLDL	2 x 5 each	Keep hips closed, reach non working leg back. Core tight, broad chest
	Standing Overhead Press	2 x 5	Core tight to keep ribs down, soft bend in the knees
<i>Minimal rest, 3 rounds</i>			
B	Goblet Squat	2 x 5	Chest broad, core tight, knees out. deeper with each rep
	Bent Over Row	2 x 5	Broad chest, weight back in hips, core tight
<i>Minimal rest, 3 rounds</i>			
C	Goblet Cossack Squat	2 x 5 each way	Chest broad, core tight, sit back in hip. deeper with each rep
	Single Arm Hip Thrust Chest Fly	2 x 5 each way	Hips high, core tight/ribs down.
	Single Arm Single Leg Reverse Fly	2 x 5 each way	Weight on opposite side of DOWN leg. Keep hips square, chest broad, core tight.
<i>Minimal rest, 3 rounds</i>			