



stop skipping legs



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. For single side exercise, rep count is **PER SIDE** e.g. 3 x 8 = 8 reps per leg

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

Circuit	Exercise	Sets/Reps	Notes
A	Goblet Squat	12 10 8	press through whole feet, rotate knees out. Increase weight with each set if you can
	Staggered Row	12 10 8	Core tight, broad chest. Increase weight with each set if you can
	V-Ups	3 x 10 w/ pause	Alternative: Keep legs up the whole time and just reach to toes like a straight leg crunch
	Deep Squats	3 x 4 (:05 iso)	light weight as counterweight, slow breathing, 5s hold at bottom
<i>Minimal rest, 3 rounds</i>			
B	Staggered Deadlift	3 x 8 each	Flat foot is the working leg, broad chest, push down through foot to move
	Alternating Chest Press w/ Opposite Leg Lower	3 x 8 each	Core tight/ribs down
	Tall Kneeling Side bends	3 x 12 each	keep hips still
	Prone Ws	3 x 6 (:03 iso)	Elbows and armpits at 90 degrees, Lead with wrists up, almost rotating the wrist back as you pull whole arms up using upper back muscles.
<i>Minimal rest, 3 rounds</i>			
C	Tall Kneeling Single Arm OH tricep extension	3 x 12	Core tight/ribs down
	Tall Kneeling Curl and Press	3 x 12	Soft knees, palms up
	Scissors	3 x :30	back flat
<i>Minimal rest, 3 rounds</i>			