

# Wed strength!

🕒 26m

A total body circuit to ease you into the program

**A** Do circuit A 3x (9 min total)

Rest (1 min)

**B** Do circuit B 3x (9 min total)

Rest (1 min)

**A** Do circuit A 1x (3 min total)

**B** Do circuit B 1x (3 min total)

Stretch (5 min, see FAQs)

**Timing your intervals:** Get the free Simple Interval Timer app to beep every 45 seconds over your music.

## Circuit A

Do each exercise for 45 sec then move to the next

### 1. Plank walk-out + push-up

45 sec



### 2. Bicycle crunches

45 sec



### 3. Step back lunges

45 sec



### 4. Squat jacks

45 sec



## Circuit B

Do each exercise for 45 sec then move to the next

### 1. Burpees

45 sec



### 2. Low squat tap-outs

45 sec



### 3. Plank jack + up-down

45 sec



### 4. Hip lift + leg drop

45 sec



And just like that, you're a little stronger.