

WEEK 4: TOTAL BODY

26 minutes

Circuit 1: 60 seconds for odd numbers and 30 seconds for even. Repeat 3x. (9 min)
Rest 1 minute.

Circuit 2: 60 seconds for odd numbers and 30 seconds for even. Repeat 3x. (9 min)
Rest 1 minute.

Circuit 1 and 2: 60 seconds for odd numbers and 30 seconds for even. (6 min)

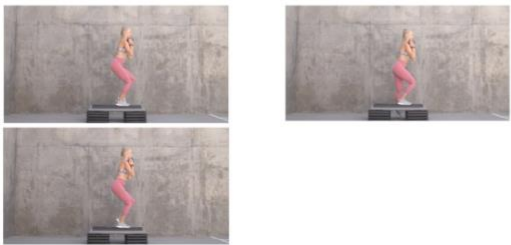
[Click here for video demonstrations](#) of all the exercises. You can find modifications inside your account.

CIRCUIT 1

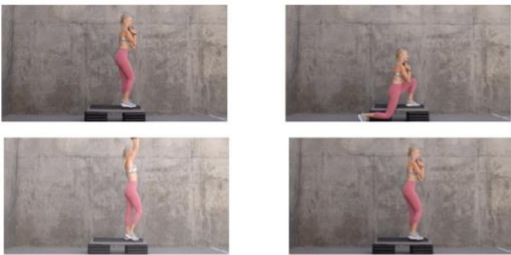
1. REVERSE LUNGE + SHOULDER PRESS (RIGHT)



2. WEIGHTED TAP OUTS (RIGHT)



3. REVERSE LUNGE + SHOULDER PRESS (LEFT)

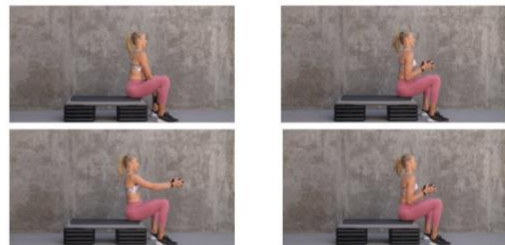


4. WEIGHTED TAP OUTS (LEFT)

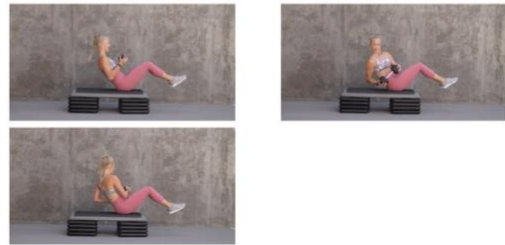


CIRCUIT 2

5. SERVER CURLS



6. WEIGHTED RUSSIAN TWISTS



7. PUSH-UP + SHOULDER TAP



8. MOUNTAIN CLIMBERS

