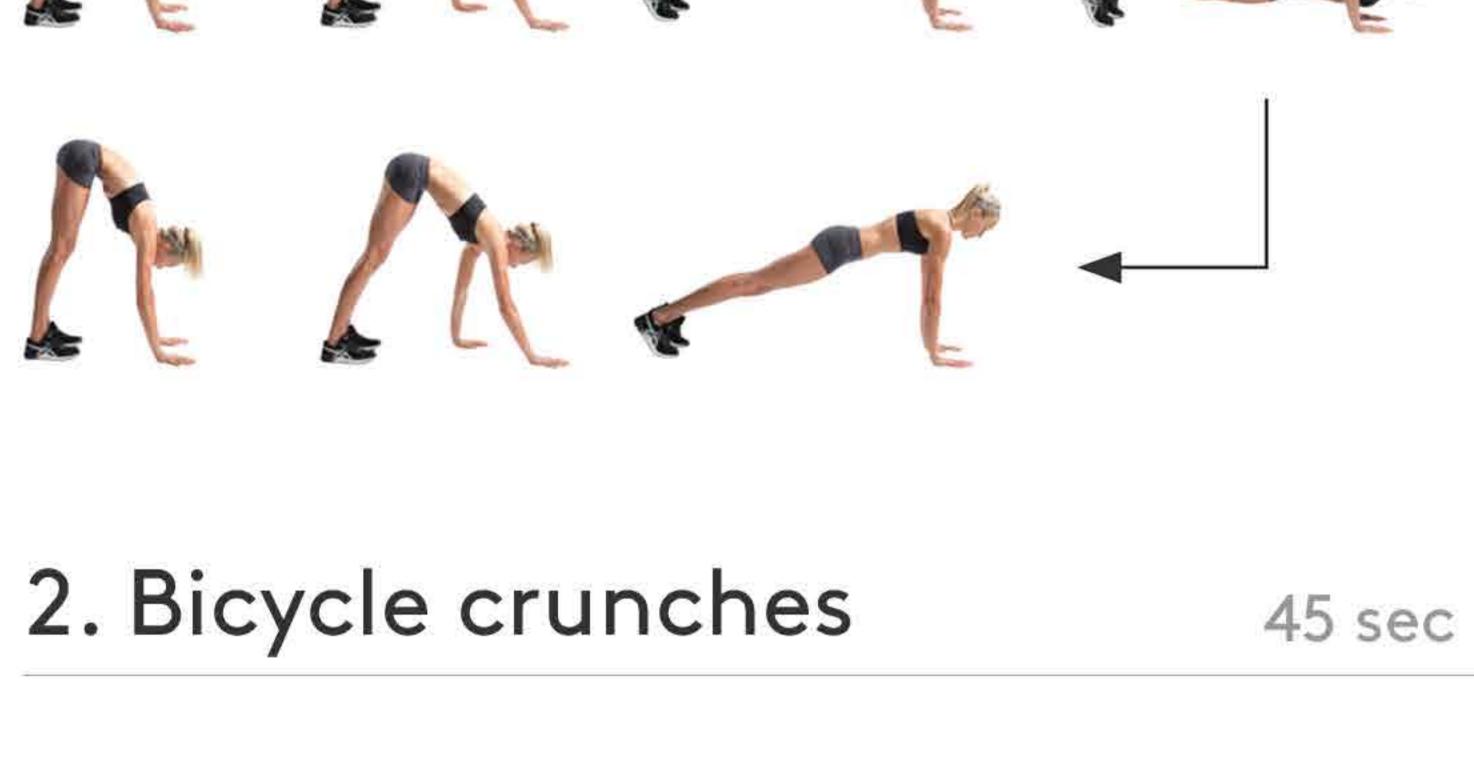
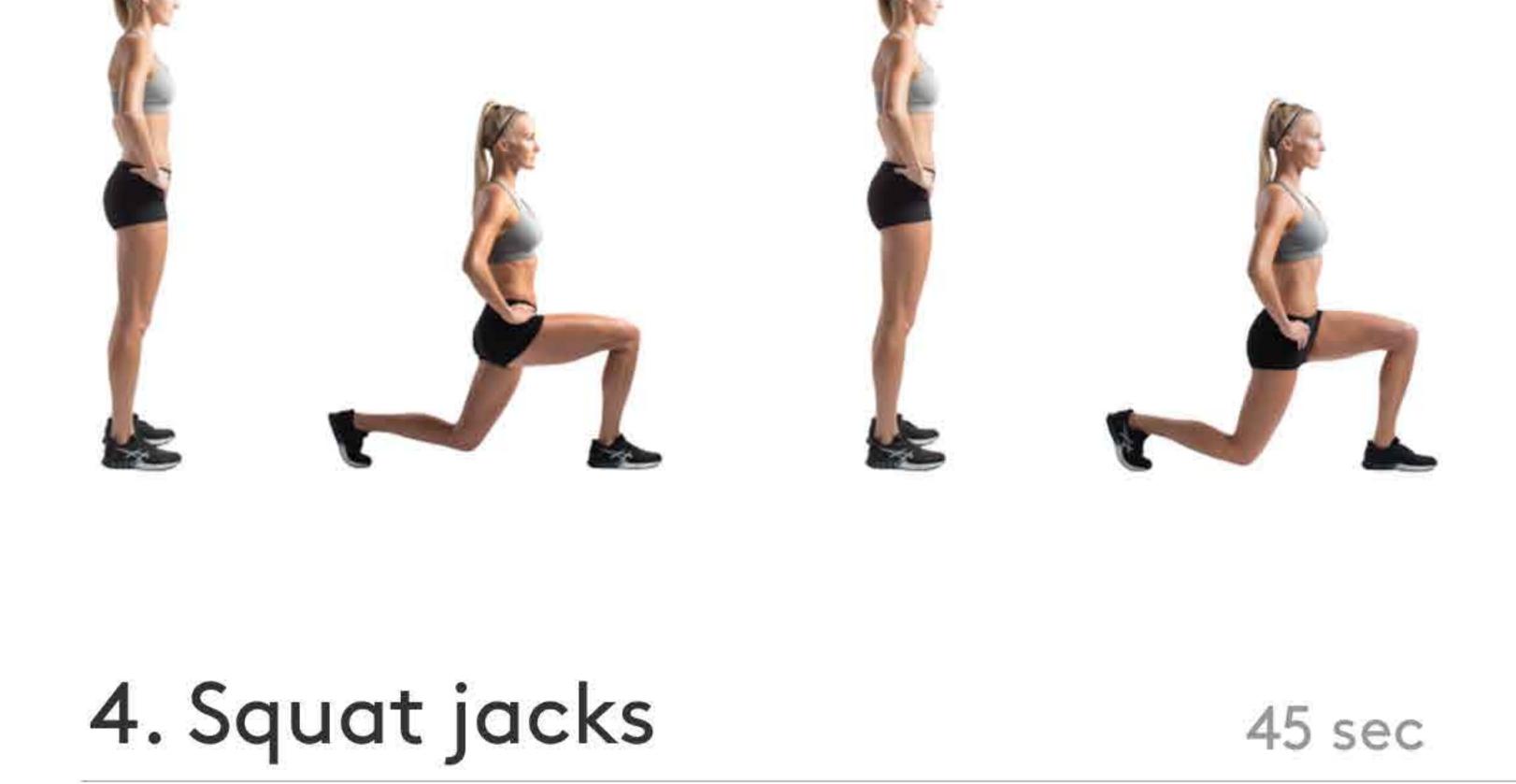
Wed strength! (1) 26m A total body circuit to ease you into the program Do circuit A 3x (9 min total) Rest (1 min) Do circuit B 3x (9 min total) Rest (1 min) Do circuit A 1x (3 min total) Do circuit B 1x (3 min total) Stretch (5 min, see FAQs) Timing your intervals: Get the free Simple Interval Timer app to beep every 45 seconds over your music. Do each exercise for 45 sec Circuit A then move to the next 1. Plank walk-out + push-up 45 sec 2. Bicycle crunches 45 sec





45 sec

3. Step back lunges

