

## **Circuit Workout**

:45:15 x 3 rounds

### ***Circuit #1:***

DB curl with press

DB lateral lunge

Glider burpee with mountain climbers

### ***Circuit #2:***

BB RDL

Glider plank jack

Quick feet on step

### ***Circuit #3:***

BB Bent over row

PB hamstring curls

TRX Frog squats

### ***Take away:***

- *RPE for EACH circuit (why does this change?)*
- *HR for whole workout (Avg/Max)*
- *Classification of the workout (HIIT- High intensity interval training)*
- *Enjoyment level vs. running on treadmill for 40 minutes*
- *Combine resistance training and cardiovascular fitness (lift weights AND get HR elevated at the same time!)*