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FULL BODY

BODY WEIGHT



6 PERCENT

F I T N E S S



BEFORE YOU START

1. Go through each exercise to complete 1 full set!
2. Focus on proper form
3. Focus on FULL muscle contraction
4. If circuits are not done to exhaustion -> INCREASE the amount of reps
5. If unable to finish an entire circuit -> DECREASE the amount of reps



6 PERCENT
F I T N E S S

AB GENERATOR

<https://ab-generator-1.web.app/home>

CIRCUIT 1

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Squat Jumps	Sumo Squat Jumps	Skaters	Shoulder Taps	Spider -Man Planks	Back Bridge
Reps	15	15	10 each way	10 each side	10 each side	30 sec.
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					

CIRCUIT 2

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Burpees	Pistol Squats (Assisted if needed)	Bench Dips	Push-Ups	Oblique Mountain Climbers	Plank
Reps	30 sec. AMAP	10 each leg	10	10	10	30 sec.
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					

*AMAP = As Many as Possible in 30 seconds.

CIRCUIT 3

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Body Weight Squats	Squat Jumps	Burpees	Incline Push-Ups	Shoulder Taps	Back Bridges
Reps	30 sec. AMAP	10	10	15	10 each side	15
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					

*AMAP = As Many as Possible in 30 seconds.

CIRCUIT 4

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Push-Ups	Bulgarian Split Squats	Side Planks	Diamond Push-Ups	Squats	Incline Push-Ups
Reps	30 sec. AMAP	10	20 sec.	10	30 sec. AMAP	30 sec. AMAP
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					

*AMAP = As Many as Possible in 30 seconds.



CIRCUIT 5

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Plank Push-Ups	Jumping Split Squats or Lunges	Military Press (fully contract, and slow pace) * Should take 3 seconds to fully raise your arms	Reverse Snow Angels	Squats to Lunges	Single Leg Back Bridge
Reps	30 sec.	10 each leg	10	10	10	15 sec. each leg
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					

CIRCUIT 6

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Walk Up Squats	Hand Release Push-Ups	Prone Pulls	Bulgarian Split Squats	Jumping Split Squats or Lunges	Planks
Reps	10	10	10	10	10	30 sec.
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					