

Full Body Circuit

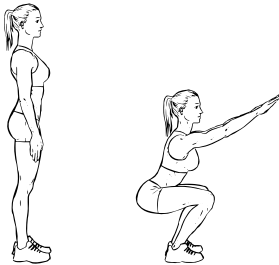
Abs, Arms, Chest, Legs, Shoulders

CA

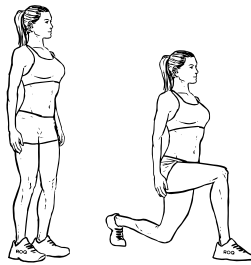
ChimD A.

Perform each exercise 30 seconds with 2 minute water break at the end and repeat 2 times (total 3 times
20minutes)

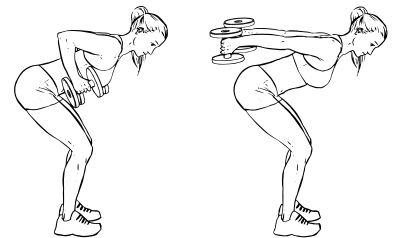
Air Squats



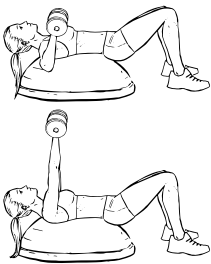
Alternating Bodyweight Lunges



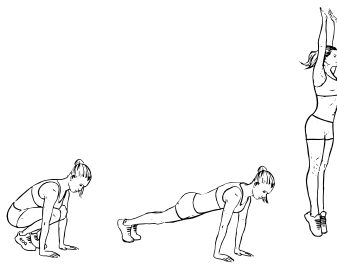
Bent Over Double Arm Tricep Kickbacks



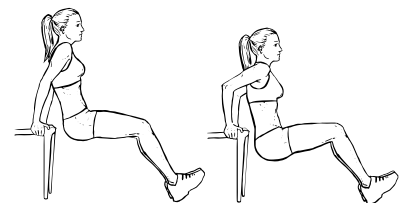
Bosu Ball Chest Dumbbell Press



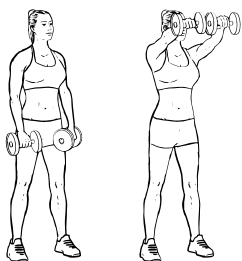
Burpees / Squat Thrusts



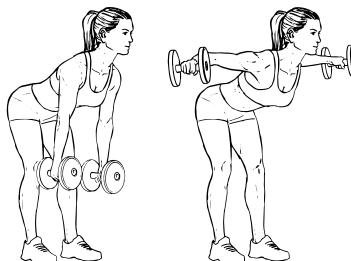
Chair / Bench Tricep Dips



Dual / Two Arm Dumbbell Front Shoulder Raises



Dumbbell Bent Over Lateral Rear Delt Raises / Flyes



Butt Kicks

