

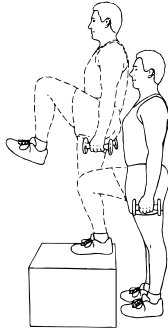


Routine For: Bodyweight Circuit 1  
Created By: Jared Byer, HFI

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Step-UPS

Head up, back straight, step up on box, bringing other leg up toward chest. Alternate step-up leg.



Do   3   sets.  
Complete  20  repetitions.

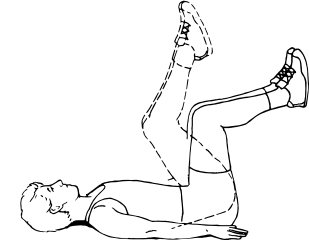
CHEST - 6 Push-Up: Modified – Medium Hands



Chest a few inches from floor, push up until arms are straight, bending at knees.

Do   3   sets. Complete  20  repetitions.

ABS - 15 Crunch: Reverse

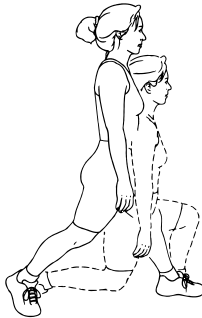


With knees at 90° angle, tighten abdominals, curl hips up until low back clears floor.

Do   3   sets. Complete  20  repetitions.

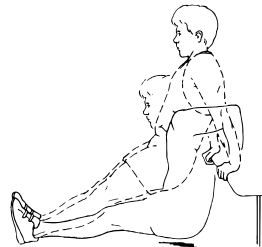
LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do   3   sets.  
Complete  20  repetitions.

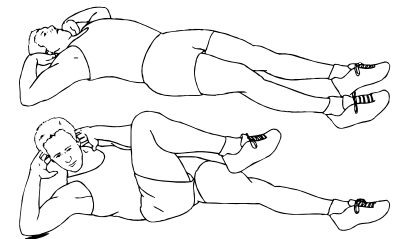
ARMS: TRICEPS - 32 Dip (Bench)



Body almost to floor, elbows close to sides, press upward until arms are straight.

Do   3   sets. Complete  20  repetitions.

ABS - 19 Crunch: Scissor Kick / Twist

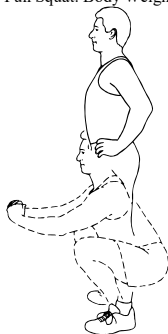


Tighten abdominals, raise upper body, twist to side, touching elbow to opposite raised knee. Alternate sides.

Do   3   sets. Complete  20  repetitions.

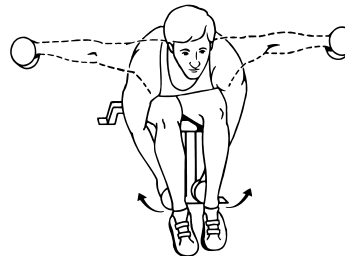
LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight

Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Adjust arm position for balance. Keep abdominals tight and maintain weight on heels.



Do   3   sets.  
Complete  20  repetitions.

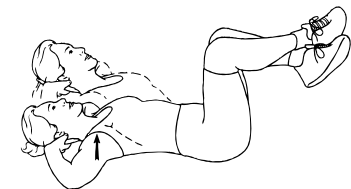
SHOULDERS - 11 Seated Rear Deltoid Raise



Raise slightly bent arms until parallel with floor.

Complete   3   repetitions. Do  20  sets.

ABS - 12 Crunch: Raised Leg








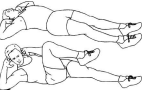
Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do   3   sets. Complete  20  repetitions.



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