

CIRCUIT SERIES



Date : May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Day 1 Full Body	 Day 2 Full Body		 Day 3 Full Body		 Day 4 Full Body	
 Day 5 Lower Body	 Day 6 Upper Body		 Day 7 Lower Body		 Day 8 Upper Body	
 Day 9 Glutes	 Day 10 Back + Biceps		 Day 11 Lower Body		 Day 12 Triceps - Chest Shoulders	
 Day 13 Lower Body	 Day 14 Upper Body		 Day 15 Glutes + Shoulders		 Day 16 Full Body	



4 week series



22 minutes long



Minimal equipment : dumbbells, bench or chair and loop band

- Each workout consists of four circuits, each lasting four minutes.
- Each circuit contains 2 to 4 exercises to be performed in a loop until the timer stops.
- There's a 40-second rest period between each circuit.
- The last circuit (Circuit #4) always focuses more on cardio and abs.





CIRCUIT SERIES

4 weeks. 4 times a week. 22 minutes per workout.



CIRCUIT SERIES : MAY 5TH

The Circuits Series includes 16 workouts in total, spread over 4 weeks.

Like all other series, we work with **minimal equipment**: Dumbbells, bench or chair, and loop bands.

There will be **4 workouts per week** published on the day indicated on the calendar.

Each workout will be 22 minutes.

The workout will always be written in the description of the video on YouTube.



How is Circuit Series different from the other series?

This series is designed differently from the others, but will be just as effective and kept simple. #keepitsimple

- Each workout includes a **3-minute warm-up, not to be skipped**. It prepares the body well to move and it activates the muscles to work. It's made up of 6 different exercises of 30 seconds. #norepeat
- **Each workout consists of 4 circuits, each lasting 4 minutes**. There are between 2-4 exercises to repeat in a loop for the 4 minutes.
- Each circuit is followed by a rest of 40 seconds in which the exercises for the next circuit will be displayed.
- There will be **no traditional Finisher**, but the last circuit (Circuit #4) always focuses more on cardio and abs.