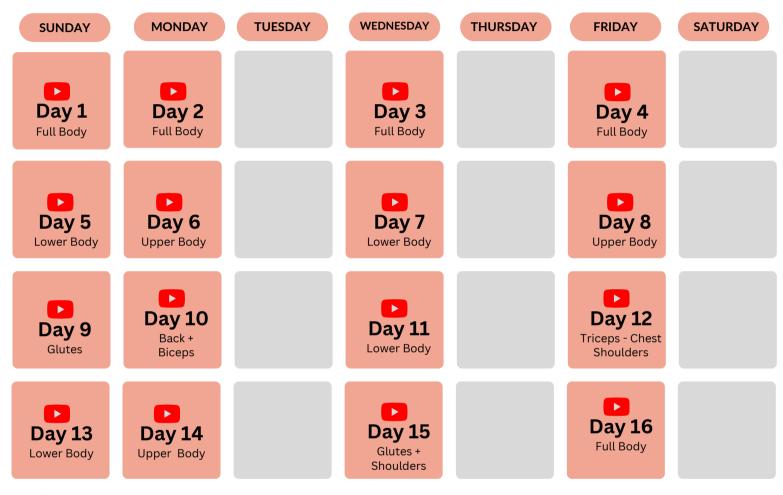
CIRCUIT SERIES





- ## 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.



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.