

THE POWER CIRCUIT WORKOUT

Equipment needed:

Timer (I use the *Seconds Pro* app and set up a custom HIIT timer with 16 intervals of :30 high intensity and 1:30 low intensity).

Ballast Ball (made by Bosu)

Slam Ball (mine is 10 pounds)

Kettle Bell (mine is 70 pounds, start with 20 - 40 depending upon your size / strength)

Battle Rope

Plyo Box (I use aerobics steps or a tire. Anything you can easily jump onto several times).

The Exercises (see video at powercircuitworkout.com for demonstrations):

1. **Ball Slams**
2. **Ballast Ball "Sides"**
3. **Kettle Bell Swings**
4. **Ballast Ball "Chops"**
5. **Jumps - Down / Ups or Up / Downs**
6. **Ballast Ball "Ups"**
7. **Battle Rope - Half Waves**
8. **Ballast Pall "Pushes"**

The Execution:

Warm Up with at least 5 minutes of cardio and stretching.

Perform each exercise at 100% effort for a maximum of :30.

Rest for 1:30 between each exercise.

Complete the circuit 1 or 2 times for a 14:30 or 30:30 workout.