

## CIRCUIT 1



### **SQUAT WITH SIDE LEG LIFT**

20 reps, alt. sides

### **DOWN DOG ABS**

10 reps, each side

### **ELBOW PLANK WITH TWIST**

10 reps, each side

## CIRCUIT 2



### **BEACH BABE PUSH-UP**

5 reps, each side

### **TWISTED MOUNTAIN CLIMBER**

20 reps, alt. sides

### **BULGARIAN SPLIT SQUAT**

15 reps, each side

## CIRCUIT 3



### **SUPERWOMAN PUSH-UP**

10 reps

### **BUTTERFLY CRUNCH**

15 reps

### **MARCHING BRIDGE**

20 reps, alt. sides