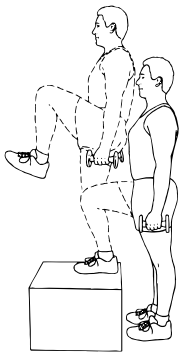
Routine For: Bodyweight Circuit 2
Created By: Jared Byer, HFI

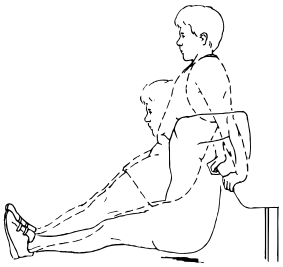
Step-DOWN (Dumbbell)



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

Do __3__ sets.
Complete __20__ repetitions.

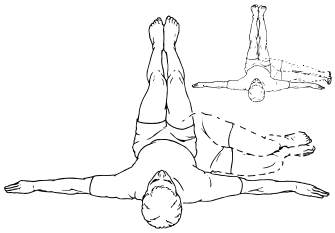
ARMS: TRICEPS - 32 Dip (Bench)



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

Do __3__ sets. Complete __20__ repetitions.

YOGA - 73 Lying Hip Twist

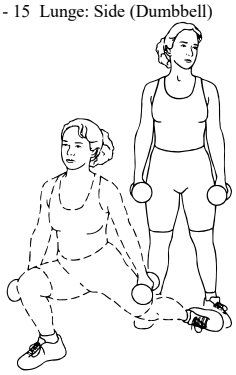


Lie on back, legs in air, bent 90°, arms out to sides, palms flat. Slowly lower legs toward side, upper torso flat.

Hold for __20__ breaths. Repeat on other side.

ADVANCED: Keep legs straight.

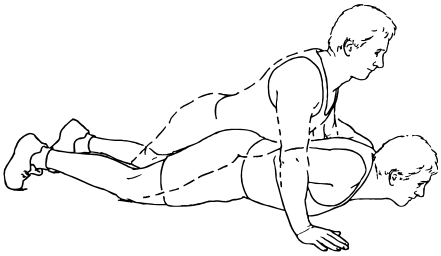
LEGS: GLUTES / THIGHS - 15 Lunge: Side (Dumbbell)



Head up, back straight, step forward and to side, bending forward leg until thigh is parallel with floor. Alternate legs.

Do __3__ sets. Complete __20__ repetitions.

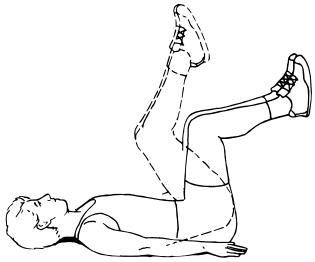
CHEST - 6 Push-Up: Modified – Medium Hands



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

Do __3__ sets. Complete __20__ repetitions.

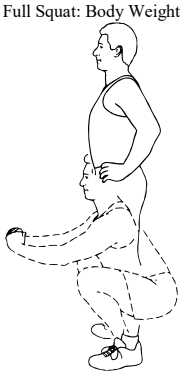
ABS - 15 Crunch: Reverse



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

Do __3__ sets. Complete __20__ repetitions.

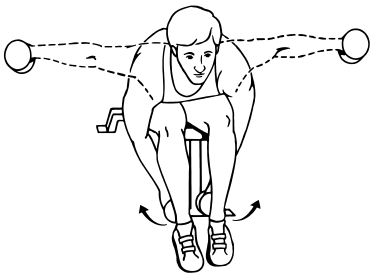
LEGS: GLUTES / THIGHS - 5 Full Squat: Body Weight



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.

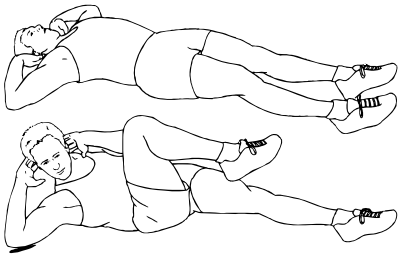
SHOULDERS - 11 Seated Rear Deltoid Raise



Raise slightly bent arms until parallel with floor.

Complete __3__ repetitions. Do __20__ sets.

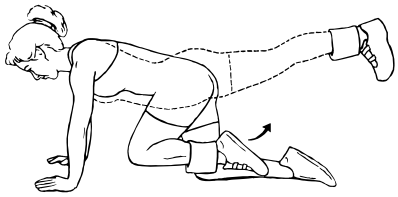
ABS - 19 Crunch: Scissor Kick / Twist



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 - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

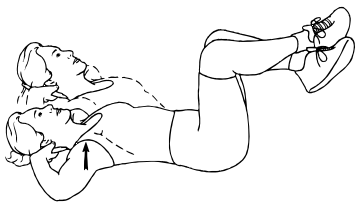
Do __3__ sets. Complete __20__ repetitions.

SHOULDERS - 1 Press: Standing (Dumbbell)

Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.

Do __3__ sets.
Complete __20__ repetitions.

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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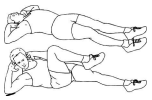															

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