

FUNCTIONAL FULL-BODY *Workout*

Be sure to warm up before you begin and always perform proper form and technique.

REPEAT EACH CIRCUIT AS INDICATED BEFORE MOVING ONTO THE NEXT.

CIRCUIT ONE - repeat 3x through

Squat Jack | 20 reps
Bent Over Reverse Fly | 12 reps
Dumbbell Air Punch | 20 reps

CIRCUIT TWO - repeat 3x through

Stationary Lunge with Side Raise | 10 reps each leg
Skull Crusher | 12 reps
Side Plank V-Up | 12 reps each side

CIRCUIT THREE - repeat 3x through

Pendulum Lunge | 12 reps each leg
Standing Hammer Curl | 12 reps
Butt Kickers | 30 seconds

CIRCUIT FOUR - repeat 1x through

Walkout Push-Up | as many as possible
Suitcase | as many as possible

Muscle soreness that lasts a few days is normal and can be expected. Consider it a reminder of what you've accomplished. A few minutes of gentle stretching after your workout will help to reduce soreness.

