

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

Plank Tricep Kickbacks | 12 reps each side
Skull Crusher | 12 reps
Tricep Dips | 12 reps
Plank Up-Downs | 12 reps

CIRCUIT TWO - repeat 3x through

Lunge With Side Raise | 10 reps each leg
Jump Lunge | 12 reps
Single Leg Deadlift | 12 reps each leg

CIRCUIT THREE - repeat 3x through

Push-Up With Dumbbell Row | 10 reps each side
Chest Fly | 12 reps
High Plank Rear Delt Fly | 12 reps each side

CIRCUIT FOUR - repeat 3x through

Show & Go | 20 reps
Crunch With Clap | 20 reps

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.