



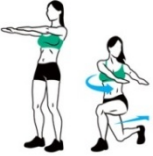







Open Circuit

INSTRUCTIONS

Below is a Total Body circuit. Complete one exercise and then move on to next until you have completed all of the exercises. Aim to complete three rounds of the circuit.

Remember to warm-up for at least 10 minutes prior to completing the circuit.

	Exercise	Reps
Squat Press		15
Step Up with Knee Drive		15 each Leg
Lunge with Rotation		10 Each Leg
Wood chop (can use a dumbbell)		10 Each Side
Turkish GetUp		6 Each Leg

<p>Push Up with Arm Extension</p>		<p>10 (5 extensions each arm)</p>
<p>Alternate Toe Touch</p>		<p>15 each side</p>
<p>Plank Row</p>		<p>10 Rows Each arm</p>

Remember to cool down and stretch for at least 5 minutes after your workout.