

UPPERBODY CIRCUIT (Chest, Shoulders & triceps)

WARMUP

| |
|--|
| 8 reps Scapular protraction and retraction |
| 5 reps Cobra stretch |
| 10-10 reps Y & T Raises |
| 5each Shoulder CARs |
| 8 Hand release pushups |
| Wrist Mobility (All 3 variations) |
| 8reps Elbow CARs |

SET 1 (4 ROUNDS)

| |
|------------------------|
| 15 DB / BB chest press |
| 12 Pushups / Incline |

SET 2 (4 ROUNDS)

| |
|--------------------|
| 15 DB Chest Fly |
| 12 DB Strict Press |

SET 3 (3 ROUNDS)

| |
|---------------------------|
| 15 Incline DB Chest press |
| 12 Lateral raises |
| 10 DB front raises |

SET 4 (3/4 ROUNDS)

| |
|------------------------------|
| 12 Machine tricep extensions |
| 12 OH Tricep extension |
| 12 Close grip push-ups |

COOLDOWN

| |
|--|
| 15s x 2 Wall Pec Stretch |
| Side Lat stretch |
| 6 reps Cobra Stretch |
| 8 reps Scapular protraction and retraction |
| 20s Deadhang |

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

| |
|-----------------------|
| 12 Cable Ab crunch |
| 25s Hollow hold |
| 12 Hanging leg raises |

LOWERBODY CIRCUIT (Quads & Calves)

WARMUP

| |
|--|
| 6 reps Cobra stretch |
| 6 reps Cat Cow |
| 8 reps Scapular protraction & retraction |
| 4 each side 90-90 Transfer |
| 3 each side ankle mobility |
| 12 Body weight squats |
| 12 Jump squats |
| 12 Glute bridge |
| 20s Deadhang |

4/5 ROUNDS

| |
|----------------------|
| 12 BB SQUATS |
| 12 Bodyweight squats |

3/4 ROUNDS

| |
|---------------------------------------|
| 15 Machine leg extensions |
| 20 DB Forward lunges / reverse lunges |

3 ROUNDS

| |
|--|
| 12 Machine leg press / 12 BB Sumo squats |
| 15 Heel elevated db squats |

3/4 ROUNDS

| |
|-------------------|
| 12 DB Calf raises |
|-------------------|

100/200 JUMP ROPES

COOLDOWN

| |
|--------------------------------------|
| 2x 10s each Standing calf stretch |
| 2x 10s each Static hamstring stretch |
| 2x 15s each Pigeon stretch |
| 6 reps Cobra stretch |
| 4each thread needle stretch |
| 15s Frog stretch |
| 20s Deadhang |

CORE CIRCUIT

3 ROUNDS

| |
|--------------------------------|
| 45s Elbow plank tap out and in |
| 12 Laying leg raises |
| 25s Side plank |

3 ROUNDS

| |
|----------------------|
| 12 Toe taps |
| 16 Bicycle crunches |
| 30 Mountain climbers |

TOTAL BODY STRENGTH + ENDURANCE

WARMUP

| |
|-------------------------------|
| 6 reps Cat cow |
| 5 each side 90-90 Transfer |
| Wrist mobility (3 variations) |
| 10e Y & T Raises |
| 10 Hand release push-ups |
| 10 Hanging shrugs |
| 12 Bodyweight squats |
| 45s Jog/Sprint in place |

3/4 ROUNDS

| |
|--------------------------|
| 12 DB Ground to OH Press |
| 10 Burpees |

3/4 ROUNDS

| |
|----------------------|
| 15/20 DB Chest press |
| 10/15 Push-up jacks |

3/4 ROUNDS

| |
|----------------|
| 10 Pull ups |
| 20 Jump Lunges |

3 ROUNDS

| |
|----------------|
| 8 Devils press |
|----------------|

COOLDOWN

| |
|------------------------------|
| 2x 15s each pigeon stretch |
| 6 reps Cobra stretch |
| 4 each Scorpion stretch |
| 35s deep squat hold |
| 4 each laying pec stretch |
| 4 each thread needle stretch |
| 25s deadhang |

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

| |
|-----------------------|
| 12 Cable Ab crunch |
| 25s Hollow hold |
| 12 Hanging leg raises |

UPPERBODY CIRCUIT 2 (Back & Biceps)

WARMUP

| |
|--|
| 8 reps Scapular protraction & retraction |
| 12 each Y & T Raises |
| 8 reps Cat Cow |
| Wrist mobility (3 variations) |
| 8 reps Elbow CARs |
| 12 Band pull apart |
| 10 reps hanging shrugs |

4 ROUNDS

| |
|--------------------------|
| 12 Machine Lat pull-down |
| 20 Db alternate curls |

4 ROUNDS

| |
|------------------|
| 12 Machine Rows |
| 12 Machine Curls |

3 ROUNDS

| |
|-------------------------|
| 12 Machine lat pushdown |
| 7-7-7 Curls |

OVERTIME

| |
|-------------------------|
| 12 DB Renegade rows |
| 25s Pushup hold |
| 12e Concentration curls |

COOLDOWN

| |
|--|
| 20s Deadhang |
| 2 reps each Standing Side lat stretch |
| 3 each side Thread needle |
| 6 reps Cobra stretch |
| 8 reps Cat Cow |
| 6 reps Scapular protraction & retraction |

CORE CIRCUIT 2

3 ROUNDS

| |
|--------------------|
| 25s Hollow hold |
| 60s Elbow plank |
| 12 DB Pass through |

3 ROUNDS

| |
|-------------------------|
| 25s Side planks with db |
| 25s Flutter kicks |
| 12 Deadbug |

LOWERBODY CIRCUIT 2 (Hamstring, gluteus & abductors)

WARMUP

| |
|----------------------------|
| 5 each 90-90 Transfers |
| 8 reps Lumbar Focus |
| 12 Glute bridge or w/ band |
| 6 reps Cobra stretch |
| 12 Hanging shrugs |
| 12 Jump squats |
| 45s Jog in place |

4 ROUNDS

| |
|-------------------------|
| 12 BB/DB Deadlift |
| 2x 20 Sumo squat pulses |

3/4 ROUNDS

| |
|---------------------------|
| 12 BB/DB Hip Thrust |
| 12e Bulgarian split squat |

4 ROUNDS

| |
|--------------------------|
| 12 Machine leg curls |
| 20 In & Out jump squats |
| 15 Elevated glute bridge |

3/4 ROUNDS

| |
|-----------------------|
| 16e Banded Clamshells |
| 15e Banded kickbacks |

MODERATE INTENSITY TREADMILL FOR 15 MINS

COOLDOWN

| |
|-----------------------------------|
| 12s each static hamstring stretch |
| 3 each x 15s Pigeon stretch |
| 12s each standing quad stretch |
| 12s each inner hip stretch |
| 6 reps Cobra stretch |
| 8 reps Cat Cow |
| 25s Deadhang |

CORE CIRCUIT 3

3 ROUNDS

| |
|--|
| 25s Band or Cable stability hold to 10 Pall of press |
| 2x 60s Single hand heavy db carry |
| 12 Hanging leg raises |

3 ROUNDS

| |
|----------------------|
| 12 Toe taps |
| 20 Bicycle crunches |
| 12 Laying leg raises |

UPPERBODY UPGRADE (Chest, Biceps & triceps)

WARMUP

| |
|--|
| Wrist mobility (3 variations) |
| 6 reps Scapular protraction & retraction |
| 4 Childs pose to cobra stretch |
| 8 Inchworm pushups |
| 2x 8 Knee pushups |
| 10 Deadhang shrugs |

3/4 ROUNDS

| |
|-------------------------|
| 10 DB Pause reps (4s) |
| 12 DB Curls (4s) |
| 45s Push-ups (optional) |

3/4 ROUNDS

| |
|--------------------------------------|
| 10 Machine chest fly (4s & 2s pause) |
| 12 DB Zottman curls |
| 35s Incline push-ups (optional) |

3 ROUNDS

| |
|----------------------------------|
| 10 Incline db chest fly (4s) |
| 12e single hand tricep extension |
| 12 Reverse grip pull-ups |

COOLDOWN

| |
|--|
| 2x 15s Standing wall pec stretch |
| 2x 15s Side pec stretch |
| 20s Deadhang |
| 6 reps Cobra stretch |
| 8 reps Cat Cow |
| 8 reps scapular protraction & retraction |

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

| |
|-----------------------|
| 12 Cable Ab crunch |
| 25s Hollow hold |
| 12 Hanging leg raises |

LOWERBODY UPGRADE (Quads & Calves)

WARMUP

| |
|----------------------------|
| 6 reps Cat Cow |
| 8 reps Cobra stretch |
| 4 each Greatest Stretch |
| 2x 15s each Ankle mobility |
| 20s Deep squat hold |
| 6 each 90-90 Transfers |
| 10 each Lift Offs |
| 15 Bodyweight squats |
| 4 each Standig HIP CARs |
| 45s Jog in place |

4 ROUNDS

| |
|----------------------------|
| 10 BB/DB Pause squats (4s) |
| 12 High jumps |

3/4 ROUNDS

| |
|--------------------------------------|
| 10 Machine Pause Leg extensions (4s) |
| 12e Db step ups or 12e Static lunges |

3 ROUNDS

| |
|-------------------|
| 20 Walking lunges |
| 45s Wall sits |

1 ROUND

| |
|------------------------------------|
| 3x 10s 10s pause 10s Goblet squats |
| 3x 15 DB Calf raises |
| 2x 100 Jump Ropes |

COOLDOWN

| |
|-----------------------------------|
| 2x 15s each Standing Quad stretch |
| 2x 15s each Pigeon Stretch |
| 2x 15s Inner hip stretch |
| 2x 15s each Standing Calf stretch |
| 6 reps Cobra stretch |
| 6 reps Cat Cow |
| 25s Deadhang |

CORE CIRCUIT

3 ROUNDS

| |
|--------------------------------|
| 45s Elbow plank tap out and in |
| 12 Laying leg raises |
| 25s Side plank |

3 ROUNDS

| |
|----------------------|
| 12 Toe taps |
| 16 Bicycle crunches |
| 30 Mountain climbers |

TOTAL BODY POWER

WARMUP

| |
|-------------------------------|
| 6 reps Cat cow |
| 5 each side 90-90 Transfer |
| Wrist mobility (3 variations) |
| 10e Y & T Raises |
| 10 Hand release push-ups |
| 10 Hanging shrugs |
| 12 Bodyweight squats |
| 45s Jog/Sprint in place |

3 ROUNDS

| |
|-----------------|
| 10 DB Thrusters |
| 12 Db curls |

3 ROUNDS

| |
|--------------|
| 10 DB Cleans |
| 12 DB Rows |
| 20 Hop Lunge |

3 ROUNDS

| |
|--------------------|
| 10e Db Snatch |
| 10e lateral lunges |
| 60s Elbow plank |

COOLDOWN

| |
|------------------------------|
| 2x 15s each pigeon stretch |
| 8 reps Cat Cow |
| 6 reps Cobra stretch |
| 4 each Scorpion stretch |
| 35s deep squat hold |
| 4 each thread needle stretch |
| 25s deadhang |

CORE CIRCUIT 2

3 ROUNDS

| |
|--------------------|
| 25s Hollow hold |
| 60s Elbow plank |
| 12 DB Pass through |

3 ROUNDS

| |
|-------------------------|
| 25s Side planks with db |
| 25s Flutter kicks |
| 12 Deadbug |

UPPERBODY UPGRADE 2 (Back, shoulders & triceps)

WARMUP

| |
|--|
| 8 reps Scapular protraction & retraction |
| 10 each Y & T Raises |
| 4 each side Greatest Stretch |
| 6 reps Cobra stretch |
| Wrist mobility (all 3 variations) |
| 8 reps Elbow CARs |
| 8 Hand release push-ups |
| 10 Hanging shrugs or 15s deadhang |

4 ROUNDS

| |
|-------------------------------------|
| 10 Machine pause lat pull down (4s) |
| 10 Front to lateral raises |

4 ROUNDS

| |
|----------------------------|
| 10 Machine pause Rows (4s) |
| 10 Push press (5s) |
| 12 DB Reverse Fly |

3 ROUNDS

| |
|----------------------|
| 12e Single hand rows |
| 12 Tricep Dips |
| 12 Db Hang cleans |

COOLDOWN

| |
|---------------------------------------|
| 20s Deadhang |
| 4 each Thread needle |
| 8 Scapular protraction and retraction |
| 6 reps Cat Cow |
| 3 each Side Lat Stretch |
| 2x 15s each Pigeon Stretch |

CORE CIRCUIT 3

3 ROUNDS

| |
|--|
| 25s Band or Cable stability hold to 10 Pall of press |
| 2x 60s Single hand heavy db carry |
| 12 Hanging leg raises |

3 ROUNDS

| |
|----------------------|
| 12 Toe taps |
| 20 Bicycle crunches |
| 12 Laying leg raises |

LOWERBODY UPGRADE 2 (Hamstrings & Gluteus)

WARMUP

| |
|----------------------------|
| 6 reps Cat Cow |
| 8 reps Cobra stretch |
| 4 each Greatest Stretch |
| 2x 15s each Ankle mobility |
| 20s Deep squat hold |
| 6 each 90-90 Transfers |
| 10 each Lift Offs |
| 15 Glute bridge |
| 4 each Standig HIP CARs |
| 45s Jog in place |

4 ROUNDS

| |
|-------------------------|
| 10 BB/DB Deadlift (4s) |
| 12e Single leg deadlift |

4 ROUNDS

| |
|---------------------------|
| 10 Machine leg curls (4s) |
| 12 DB Sumo squats (4s) |

3 ROUNDS

| |
|---------------------------------|
| 10&10e Gluteus medius kickbacks |
| 12 Pause jump squats |

2 ROUNDS

| |
|---|
| 12 Bulgarian split squat to 10s Pause to 10 Bulgarian Split squat |
|---|

COOLDOWN

| |
|--|
| 2x 15s each Standing Hamstring stretch |
| 2x 15s each Pigeon Stretch |
| 2x 15s Inner hip stretch |
| 2x 15s each Standing Calf stretch |
| 6 reps Cobra stretch |
| 6 reps Cat Cow |
| 25s Deadhang |

CORE SHRED

4 ROUNDS

(very less or no breaks between exercises)

| |
|-----------------------|
| 12 Cable Ab crunch |
| 25s Hollow hold |
| 12 Hanging leg raises |