

ELEVATE & THRIVE FITNESS

CIRCUIT 1

EXERCISE	NOTES	SETS	REPS	REST
Body Weight Circuit:	Do each exercise below for set time with 15 sec rest between each exercise, break after all exercises are complete and then repeat for 4 rounds	4		
Burpees			45 sec	15 sec
Body Weight Speed Squats			45 sec	15 sec
Push ups			45 sec	15 sec
Mountain Climbers			45 sec	15 sec
Body Weight Alternating Reverse Lunges			45 sec	15 sec
High Knees			45 sec	15 sec
Superman			45 sec	15 sec
Bird Dogs			45 sec	3 min

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CIRCUIT 2

EXERCISE	NOTES	SETS	REPS	REST
Body Weight Circuit:	Do each exercise below for set time with 15 sec rest between each exercise, break after all exercises are complete and then repeat for 4 rounds	4		
Inchworm			45 sec	15 sec
Jump Squats			45 sec	15 sec
Tricep Dips	use chair		45 sec	15 sec
Body Weight Alternating Lateral Lunge			45 sec	15 sec
Flutter kick			45 sec	15 sec
Glute Bridge			45 sec	15 sec
Shoulder Tap			45 sec	15 sec
Plank			45 sec	3 min

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CIRCUIT 3

EXERCISE	NOTES	SETS	REPS	REST
Body Weight Circuit:	Do each exercise below for set time with 15 sec rest between each exercise, break after all exercises are complete and then repeat for 4 rounds	4		
Skaters			45 sec	15 sec
Prisoner Squat With Pulse			45 sec	15 sec
Plank to Push up			45 sec	15 sec
Burpees			45 sec	15 sec
Lying Leg Raises			45 sec	15 sec
Tik Tok Lunges	Switch legs every other round		45 sec	15 sec
Wall Sit			45 sec	15 sec
Russian Twists			45 sec	3 min

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CIRCUIT 4

EXERCISE	NOTES	SETS	REPS	REST
Body Weight Circuit:	Do each exercise below for set time with 15 sec rest between each exercise, break after all exercises are complete and then repeat for 4 rounds	4		
Wide to Narrow Jump Squats			45 sec	15 sec
Tricep Push up			45 sec	15 sec
Split Squat	Switch legs every other round		45 sec	15 sec
Inchworm			45 sec	15 sec
Side Plank	Switch sides every other round		45 sec	15 sec
Walking Lunges			45 sec	15 sec
Jumping Jacks			45 sec	15 sec
Dead Bug			45 sec	3 min