

Upper Body

MUSCLE GROUP: UPPER BODY CIRCUIT

DIFFICULTY: 🔥🔥🔥🔥

| EXERCISE | SETS | REPS/ TIME | WEIGHT | NOTES | ✓ |
|----------------------|------|---------------|--------|-------|---|
| Push Ups | 3-4 | 6-8 | | | |
| DB Bicep Curl | 3-4 | 8-10 | | | |
| Hammer Curl | 3-4 | 8-10 | | | |
| DB Triceps Extension | 3-4 | 12 | | | |
| DB Lateral Raise | 3-4 | 8 | | | |
| DB Bent Over Fly | 3-4 | 10 | | | |
| Shoulder Taps | 3-4 | 10 each | | | |

Lower Body

MUSCLE GROUP: LOWER BODY CIRCUIT

DIFFICULTY: 🔥🔥🔥🔥

| EXERCISE | SETS | REPS/ TIME | WEIGHT | NOTES | ✓ |
|-----------------|------|---------------|--------|-------|---|
| DB Goblet Squat | 3-4 | 10 | | | |
| Glute Bridge | 3-4 | 8 | | | |
| DB RDL | 3-4 | 10 | | | |
| Reverse Lunge | 3-4 | 8 each | | | |
| RFE Squat | 3-4 | 8 each | | | |
| Donkey Kicks | 3-4 | 10 each | | | |
| Wall Sit | 3-4 | :30 | | | |