

FULL-BODY

— Circuit Workout —

WITH WEIGHTS

After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit. You will need a set of dumbbells, between 5 and 8 pounds.

CIRCUIT 1



**NARROW SQUAT
W/ OVERHEAD
PRESS**
15 REPS

**PLANK W/
REVERSE ROW**
10 REPS
on each arm, alternating
sides each rep

**SIDE
LUNGE**
12 REPS
each leg, alternating
sides each rep

CIRCUIT 2



**PLIÉ SQUAT W/
LATERAL RAISE**
15 REPS

**SIDE PLANK
PUSH-UP**
10 REPS
on each side

**REVERSE
LUNGE W/
BICEP CURL**
10 REPS
on each side

CIRCUIT 3



**SEATED RUSSIAN
TWIST**
16 FULL ROTATIONS

**SCISSOR
ABS**
20 REPS

SUPERMAN
HOLD FOR 30
SECONDS, 3 TIMES