

# FULL-BODY

## CIRCUIT WORKOUT WITH WEIGHTS

1. WARM UP WITH CARDIO OR WALK FOR 5 MINUTES.
2. COMPLETE CIRCUIT ONE 2X
3. MOVE TO CIRCUIT TWO, COMPLETE 2X, ETC.
4. ONCE YOU HAVE COMPLETED ALL THREE CIRCUITS, REPEAT 1-2X

### CIRCUIT 1



**SQUAT OVERHEAD PRESS**  
15 REPS



**PLANK W/REVERSE ROW**  
10 REPS



**SIDE LUNGE**  
12 REPS

### CIRCUIT 2



**PLIÉ SQUAT W/SIDE RAISE**  
15 REPS



**SIDE PLANK W/PUSHUPS**  
10 REPS EACH SIDE



**LUNGE W/BICEP CURL**  
10 REPS EACH SIDE

### CIRCUIT 3



**RUSSIAN TWIST**  
20 REPS



**SCISSORS ABS**  
20 REPS



**SUPERMAN**  
HOLD 3 SECONDS, REPEAT 5X