



WORKOUT OF THE DAY



Circuit training

What You'll Need: Dumbbells, kettlebell, Bench, Mats, Dead medicine ball.

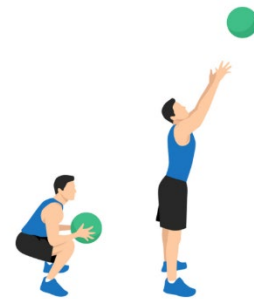
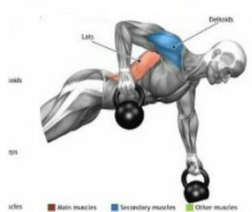
Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

Warm Up (2X): 20 easy Torso rotation R/L, 20 jumping jacks, 20 arms circles, 20 running in place with arms curls, 20 easy squats with cactus side arms, 20 hips roll with torso rotation.

Boxing training: 2 stations, 3 exercises each, 10 repetitions each exercise during 3 whole minutes, rest one minute in between rounds. 3 to 4 rounds.

Station one: kettlebell row plank x10 Step ups x 10

Dead medicine ball wall throw



Station two : DB REVERSE LUNGESx10 Ball to wall sit up x10

Squat jacks x 10



Cool Down: Take a 5-minute easy walk and stretch each muscle groups, holding each stretch for 12-20 seconds.