

30/15
METABOLIC
CIRCUIT





FUNCTIONAL FITNESS, NUTRITION & WELLNESS

Group Fitness Bootcamp Classes
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Co-Ed, Women Only / Fit Kids

46 Fieldway Unit #8, Etobicoke, ON
FIT1BOOTCAMP.COM 647.776.7776

30-15 METABOLIC CIRCUIT OVERVIEW

- **Begin warm up with mobility**
- **20 Minute workout**
- **Perform four rounds of a 6-Exercise circuit**
- **Alternate between 30 seconds of work and 15 seconds of rest for each exercise**
- **Take a 60-second rest and transition between circuits**
- **Perform Compensation at end of workout**

Warmup

- Neck
- Shoulder Rolls
- Gun Slingers
- Clasped Hand Forward Fold
- Squat to stand + Arm Extension
- Hip Circles
- Knee Circles
- Prisoner Lunge & Twist
- Down Dog / Up Dog
- Hip Swivels

30/15 METABOLIC CIRCUIT: 4 ROUNDS

1. Back Pillar / Table Pull Through
2. Pounce Push-up
3. Split Squat Jumps / Reverse Lunges
4. Bent DB Rows or Bent Y-Raise
5. Side Plank Variation
6. Floppy Burpee Variation

60 SECOND REST

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Scorpion / Chest Stretch

Spinal Twist Stretch



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