

**TOTAL BODY
BURNER CIRCUIT
[30/15 X6]**





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 alternating between 30 seconds of work and 15 seconds of rest for each exercise. Take a 60-second rest and transition between circuits.

Next we'll complete a core finisher.

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

[30/15X6]CIRCUIT: 4 ROUNDS

1. Bear Squats
2. Break Dancer Pushup
3. DB/Bands Bent Rows or Bent W-Hold
4. Push-up Walkout
5. Lateral Jumps

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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