

**IT'S THE  
FAT CRYING**  
**FOLLOW ALONG CIRCUIT**



# OVERVIEW

- Perform movement preparation
- There's 3 blocks to this workout
- **Block #1:** Perform mini warmup circuit twice with a one-minute rest inbetween.
- **Block #2:** Perform circuit thrice. 30 seconds work for each exercise with a one-minute rest inbetween.
- **Block #3:** Perform circuit thrice. 30 seconds work for each exercise with a one-minute rest inbetween.
- Perform Compensation at end of workout

## MOVEMENT PREPARATION

- 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
- Shoulder Sweeps
- Hip Swivels

## **CIRCUIT #1 [20/5 X5] 2**

1. JJ's
2. Boxer Dodge Under
3. Band Pull Aparts / T-Bent Pulse Raise
4. Push-ups
5. Prisoner Hinge

## **CIRCUIT#2 [30/5 X3] 3**

1. Dumbbell Goblet Squat
2. Eccentric Close-Grip Push-ups (5-0-X-0)
3. Dumbbell Supinated Row (right)
4. Dumbbell Supinated Row (left)

## **CIRCUIT #3 [30/5 X10] 3**

1. Dumbbell Swings
2. Elevated Lock out Push-ups (15 / 15)
3. Two- Dumbbell Piston Row
4. Sit Thru-Hip
5. Step-ups on chair or box (right)
6. Step-ups on chair or box (left)
7. Skaters / Side step lunge

**FINISHER**

**PLAY AS WE GO**



# COMPENSATION

## 30-60 SECOND HOLD

- Foam Roll
- Pigeon
- Forearm Frog
- Clasped Hand Modified Crescent Lunge
- Chest Stretch
- Hurdlers Stretch
- Spinal Twist Stretch



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