

SUPER-SET
SUPER-SWEAT
FOLLOW ALONG CIRCUIT



OVERVIEW

- Perform movement preparation
- There's 3 blocks to this workout
- **Block #1:** Perform 5 exercise [20/5] mini warmup circuit twice with a one-minute rest inbetween.
- **Block #2:** Perform 2 exercise superset thrice. [30/10] for each exercise with a one-minute rest inbetween.
- **Block #3:** Perform 2 exercise superset thrice. [30/10] for each exercise with a one-minute rest inbetween.
- **Block #4:** Perform 6 exercise [30/15] circuit twice 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. Prisoner Squat
 2. Inchworm
 3. Boxer Dodge the string
 4. Bird Dog
 5. Band Pull Aparts / T-Bent Pulse Raise
- 1 minute rest**

CIRCUIT#2 [30/5 X4] 3

1. Split Squat (1-1/2 rep style) (right)
 2. Split Squat (1-1/2 rep style) (left)
 3. 1-Arm DB Overhead Press (right)
 4. 1-Arm DB Overhead Press (left)
- If no dumbbells do Rocca press using
1 minute rest

CIRCUIT #3 [30/5 X3] 3

1. Dumbbell Row (right)
2. Dumbbell Row (left)

Body weight option: W-Cobra Hold 60 secs

3. Three Point Push-ups

1 minute rest

FINISHER [20/10X6] 1-2

1. Lunge Switch Jumps
 2. Iso-Pushups (hold)
 3. Robo Crawl
 4. Dumbbell Split Squat Swings (10 / 10)
 5. Bicycle Crunches
 6. Side Shuffle touch
 7. Bent over W-Y Press
 8. Lateral Jumps
- 1 minute rest



COMPENSATION

30-60 SECOND HOLD

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



FUNCTIONAL FITNESS, NUTRITION & WELLNESS

Group Fitness Bootcamp Classes
Experience the FIT 1 Difference!
Co-Ed, Women Only / Fit Kids

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