

TORCHED

FOLLOW ALONG CIRCUIT

OVERVIEW

1. Perform 2-3 cycles of a 30X10 circuit.
2. Rest two minutes after the circuit and repeat
3. 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
- Hip Swivels



Perform two rounds of a 30/15 circuit.

Rest two minutes between circuits.

[30/10 x 15] 3

1. Bodyweight Squat
2. Bird Dog with Leg Abduction
3. 2 Leg Hip Raise hold
4. Plank Variation
5. Overhead Lunge (dowel or towel)
6. 1-Leg RDL (30 /30)
7. Rocca Press (downward dog press)
8. Cossack Lunge / Side Lunge
9. Prisoner Hip Hinge
10. Pushups
11. 1-Leg Hip Extensions (30 /30)
12. DB Row (30 / 30) or Band Row (20 secs)
13. Spiderman Climb
14. Leg Swings (20 /20)
15. Total Body Extensions



COMPENSATION

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Clasped Hand Modified Crescent Lunge

Chest Stretch

Hurdlers Stretch

Spinal Twist Stretch



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