

TRIPLE SWEAT

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 twice. 30 seconds work for each exercise with a one-minute rest inbetween.
- **Block #3:** Perform circuit twice. 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 [20/5 X5] 2

1. Hip Extensions
2. Wall Slides / W-Y Cobra
3. Push-up Wall Push-ups or Kneeling Push-ups
4. Stability Ball Leg Curl
5. Run in Place

CIRCUIT [30/5 X8] 2

1. JJ's
2. Boxer Dodge Under
3. Bird Dog
4. Side Plank Variation
5. Two Leg Hip Extension Hold
6. Mountain Climbers
7. Alternate Reverse Lunge
8. Break Dancer Push-ups

CIRCUIT [30/5 X10] 2

1. Split Squat (right)
2. Split Squat (left)
3. Plank Scapula Squeeze
4. Hip Extensions w/Feet on a Ball / KB Swings
5. Seal Jacks
6. Run in Place
7. Spade Grip Push-ups (knees or toes)
8. Total Body Extensions / DB Squat Thrusts
9. Y-Squat
10. Kneeling Wide-Eccentric Push-ups



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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