

**BEAT DA HEAT**  
**FOLLOW ALONG CIRCUIT**



# OVERVIEW

- Perform general movement prep
- Perform 2-3 cycles of a 20/5 of a four-exercise warmup mini warmup circuit.
- Perform 4 rounds of 3 minute superset AMRAPs
- Perform a four-exercise countdown finisher circuit
- 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

## **Mini Warmup [20/5 X6] 3**

1. Jump Jacks
2. Squat Thrusters
3. Split Squat (20 secs ea leg)
4. Band Pull Aparts

## 3 Minute AMRAP CIRCUITS: 4 Rounds

1. KB/DB Swings / Hip Extension: **8**
2. Plank Variation: **(15 secs)**  
***60 seconds rest***
3. Squats: **10**
4. Bird Dog: **5/5**  
***60 seconds rest***
5. Push-Up / Kneeling Push-up: **8**
6. Side Plank Variation: **15 secs**  
***60 seconds rest***
7. Band Pull Aparts: **15**
8. Sit-Ups: **15**  
***60 sec rest***

## COUNTDOWN LADDER [5-1] 5 Rounds

Perform four-exercise circuit and rest when needed. Do 5 reps of each exercise then 4 reps of each, all the way to 1 rep. Type DONE in the comment section.

1. Prisoner Lunge Jumps / Alt Lunges: **(5/5)**
2. Renegade Row: **(5/5)**
3. RFE Split Squat Jump/ Split Squat: **(5/5)**
4. Crossover Push-ups: **(5/5)**

***Rest as needed.***



# COMPENSATION

## 30-60 SECOND HOLD

- Clasped Hand Side Bend
- Pigeon
- Forearm Frog
- Floor Bow or Quad Stretch / Camel Stretch
- Twisted Lunge
- Chest Stretch
- Foam Roll



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