

**DOUBLE DARE YA  
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FOLLOW ALONG CIRCUIT**



# OVERVIEW

- Perform general movement prep
- Perform 2-3 cycles of a 20/5 of a six-exercise warmup mini warmup circuit.
- Perform 3-4 Rounds of a three-exercise 40/20 circuit.
- Perform 3 rounds of 30/5 four-exercise circuit
- Perform superset finisher with burpees and swings
- 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. Sumo Squat Thruster
3. Arm Crosses
4. Push-up Variation
5. Prisoner Hip Hinge Hold
6. Plank Variation

## Circuit [40/20X3] 3-4

1. Towel/Dowel Overhead Squat
2. Two DB Row / Bent W Hold
3. High Low Plank

***40 sec rest***

## Circuit [30/5 X4] 3 rounds

1. Side-to-Side Jumps
2. Cross-Body Mountain Climbers
3. Total Body Extensions
4. Forearm Plank Oblique

***60 secs rest***

## Finisher 3-4 Rounds

1. Burpees (20 secs)
2. KB or DB Swings (30 secs)

***Rest 20 secs***



# COMPENSATION

## 30-60 SECOND HOLD

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



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