

ENDORPHINS RISING

FOLLOW ALONG CIRCUIT



OVERVIEW

- Perform general movement prep
- Perform 2-3 cycles of a 20/5 of a five-exercise warmup mini warmup circuit.
- Perform 2-3 rounds of 40/20 - six-exercise circuit.
- Perform 2-3 rounds of 30/15 - four-exercise circuit
- Perform a 30/5 - three- exercise 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. Side Step Squats
2. Push-ups
3. Split Squat (20 secs ea leg)
4. Band Pull Aparts

[40/20 X6] CIRCUIT: 2-3 Rounds

1. Goblet Front Lunge (40/40)
2. Close-Grip Push-ups
3. DB Row / Prone Cobra (palms out) (40 /40)
4. Kneeling Walk out

60 sec rest

Circuit [30/15 X4] 2-3 rounds

1. Hip Width DB/KB Goblet Squat
 2. Raised T- Push-ups (30/30)
 3. DB Single Leg RDL (30/30)
 4. DB 1-Arm Squat + Rotational Press (30/30)
- 60 secs rest***

Core Finisher [30/5 X3] 2 Rounds

1. 3 Step Mountain Climber + High Knee
2. Bent Over Rear Delt-Pulse
3. Running On Spot

Rest 30 secs

COMPENSATION

30-60 SECOND HOLD

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



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