

FIT-MAKER

FOLLOW ALONG CIRCUIT



OVERVIEW

- Perform general movement prep
- Perform 2-3 cycles of a 20/5 mini warmup circuit.
- Perform 2-4 Rounds of a 30/10 Push/Pull Superset.
- Perform 5 rounds of EMOTM 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 X4] 3

1. Stability Ball / Floor Hip Extension
2. Downward Dog to Push-up+
3. Prone Superman Hold
4. Band Pull-Aparts

Push/Pull Superset [30/10X3] 3-4

1. Bent Free Iso+ DB Row (Side 1) 15/15
2. Bent Free Iso + DB Row (Side 2) 15/15
3. Two-Arm DB Overhead Press /
(Rocca Press Variation)

EMOTM Circuit

Week #1 [3X5]

Week #2 [3X6]

Week #3 [3X8]

Week #4 [3X10]

1. Burpee Variation: **3-5**
2. Quad Press: **8**
3. Table Pull Through/ Hip Extension: **5**



COMPENSATION

30-60 SECOND HOLD

- Foam Roll
- Pigeon
- Forearm Frog
- Camel
- Twisted Lunge
- Chest Stretch
- Spinal Twist Stretch



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