

THE HEAT IS ON
FOLLOW ALONG CIRCUIT



OVERVIEW

- Perform general movement prep
- Perform 2-3 cycles of a 20/5 of a five-exercise warmup circuit.
- Perform 3 cycles of 30/10 four-exercise circuit
- Perform 3-4 cycles of a four-exercise core & more 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 X5] 2-3

1. BW Squats
2. 1-Leg Cook Hip Extensions
3. Band Pulls Aparts
4. Side Plank Variation (20/20)
5. Off-set Pushups

[30/10X4] 3 Rounds

1. Prisoner Jump Squats / Low Box Jumps
2. Three-Point Push-ups (15/15)
3. Two-DB SLDL (30/30)
4. SB Knee Tucks

60 Sec Rest

Core & More [30x5] 2-3

1. Elevated Push-ups (30/30)
2. SB Hip Pike / Hollow body Crunch
3. Rev-Lunge + High Knee +DB Overhead Press
4. Side Plank Variation (30/30)
5. DB/KB Swings / Table Pull Through

60 Secs Rest



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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