

**ITS COMPLEX**  
**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 five-exercise Dumbbell or bodyweight complex.
- Perform 3 rounds of 40/20 four-exercise circuit
- If there's time, perform Core finisher
- 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. DB Diagonal Chops
2. Down Dog Pushups
3. Sumo Squat Knee-Elbow Cross
4. Lunge
5. Shuffle
6. Plank Variation

## DB or BODYWEIGHT COMPLEX CIRCUIT: 4

1. Goblet Squat / Body weight Squat: **6**
2. 1-Arm DB Press / Rocca Press (for 12): **6/6**
3. DB/BW Single Leg RDL /: **6/6**
4. KB/DB/ BW Goblet Lunge: **6/6**
5. Supported DB Row / Plank Row (no weight): **8/8**  
***60 sec rest***

## Circuit [40/20 X4] 3 rounds

1. Jumping Jacks
2. Swing Lunge
3. Stability Ball Stir The Pot / Floor
4. Sissy Squats (on toes)

***60 secs rest***

## Core Finisher [10/10 X10] 1-2Rounds

1. Bicycle Crunches
2. W-to-Y Cobra Press

***Rest 60 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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