

THE FURNACE

FOLLOW ALONG CIRCUIT



OVERVIEW

- Perform general movement prep.
- Perform 2-3 cycles of a 20/5 of a three-exercise warmup circuit.
- Perform 2-3 cycles of 30/5 two-exercise superset.
- Perform 2-3 cycles of a four-exercise circuit.
- Perform 3 cycles of 30/10 superset 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

Warmup [20/5 X3] 2-3

1. Total Body Extension
2. Spiderman Climb and Reach
3. Pushup

[30/10X2] 3 Rounds

1. Burpee
2. DB Front Deficit Squat (Narrow Stance)

60 Sec Rest

[30/10 X4] 2-3

1. W-Y Press from 1-Legged Hinge Hold (30/30)
2. SB Pike
3. Eccentric Iso-Split Squat (30/30)
4. Alternating T-Pushups + Elbow to Knee

60 Secs Rest

FINISHER [30/10 X2] 2-3

1. KB/DB Swing / Table Pull Throughs/ Hip Drive
2. Sissy Squat

60 Secs Rest

COMPENSATION

30-60 SECOND HOLD

- Clasped Hand Side Bend
- Pigeon
- Forearm Frog
- Kneeling Quad Stretch
- Camel Stretch
- Twisted Lunge
- Chest Stretch
- Foam Roll



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