

**ADRENALINE  
NEEDED**

**FOLLOW ALONG CIRCUIT**



# OVERVIEW

- Perform general movement prep
- Perform 2 cycles of a 20/5 of a five-exercise warmup circuit.
- Perform 2-3 cycles of 40/10 four-exercise circuit
- Perform 2 cycles of a eleven-exercise circuit
- Perform 2-3 cycles of 30/5 three-exercise 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 Rounds

1. Diagonal Chops
2. Mountain Climbers
3. Wall Slides / Cobra W-I Press
4. Prisoner Lunges
5. Sumo Squat Thrusts

**60-120 Sec Rest**

## CIRCUIT [40/10X6] 3 Rounds

1. DB SLDL#1
2. DB SLDL#2
3. Stability Ball / Hip Pike Push-ups
4. DB Row #1 / inverted Row or Band Row
5. DB Row #1 / inverted Row or Band Row
6. Shuttle Sprints

**60 Sec Rest**

## ADRENALIN NEEDED [30/10x11] 2 Rounds

1. Narrow to Wide Squat Jumps
2. Step-up or Split Squat (30/30)
3. Spade-Grip Push-ups (75%)
4. KB/DB Swings
5. Prisoner Diagonal Lunge (30/30)
6. High Plank Cross Toe Touch
7. Shuffle Touch

***60 Secs Rest***

## FINISHER

**[30/5x3] 2 Rounds**

1. Burpees
2. Skaters / Side Step Lunge
3. Push-ups

***120 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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