

**SWITCHING IT UP**  
**FOLLOW ALONG CIRCUIT**



# OVERVIEW

- Perform general movement prep
- Perform 2 cycles of a 20/5 of a four-exercise warmup circuit.
- Perform 3 cycles of 40/10 Superset two-exercise circuit
- Perform 2-3 cycles of a 30/10 Superset two-exercise circuit
- Perform 2-3 cycles of a four-exercise circuit
- Perform 2-3 cycles of a two-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 X4] 2**

1. Prisoner Squat
2. T Push-ups
3. Leg Swings
4. Mountain Climbers

## **SUPERSET [40/10X2] 3-4 Rounds**

1. KB/DB Swings
2. Spiderman Climb with Reach

**60 Sec Rest**

## **SUPERSET [30x10] 2-3**

1. Jump and Stick/ Total Body Extensions
2. Piking Push-ups

***60 Secs Rest***

## CIRCUIT [30x10] 2-3

1. Skaters / Side Step Lunges
2. Prone Cobra
3. 1-Arm DB Squat and Press (30/30)
4. SB Rollout

***60 Secs Rest***

## **SUPERSET [30x10] 2-3**

1. Cossack Lunges / Side Lunge
2. Bottom Up Stability Ball Pass

***60 Secs Rest***



## **COMPENSATION**

### **30-60 SECOND HOLD**

- Pigeon
- Forearm Frog
- Floor Bow / Camel Stretch
- Quad Stretch
- Twisted Lunge + Hams
- Chest Stretch
- Foam Roll



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