

WINDED

FOLLOW ALONG CIRCUIT



OVERVIEW

- Perform general movement prep
- Perform 2-3 cycles of a 20/5 of a five-exercise warmup circuit.
- Perform 3-4 cycles of 30/10 eight-exercise circuit
- Perform 3-4 cycles of a 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] 2-3

1. Prisoner Reverse Lunge
2. T Pushups
3. Narrow to wide Bodyweight Squats
4. 3-Point-Plank (10/10)

[30/10X8] 3-4 Rounds

1. Rear Foot Elevated Split Squat (30/30)
2. SB Leg Curl
3. SB Jackknife
4. Side-to-Side Jumps
5. Row Variation / Bent T-Hold
6. Decline Push-ups / Feet Elevated Push-ups
7. Box Jumps or Total Body Extensions

60 Sec Rest

CIRCUIT [30/5x4] 3-4

1. KB/DB Goblet Split Squat (30/30)
2. Triple Stop Push-ups
3. DB, Strap or Band Rear Delt Fly

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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