FULL BODY FUNCTIONAL STRENGTH

CIRCUIT 1

*App provides more variation swaps

Exercises can be performed using bodyweight or added weight/resistance

1 PUSH UP VARIATION





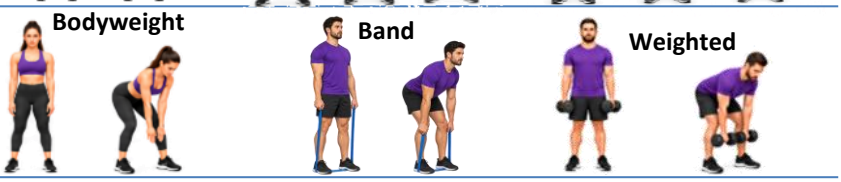
2 SQUAT or SIT-TO-STAND



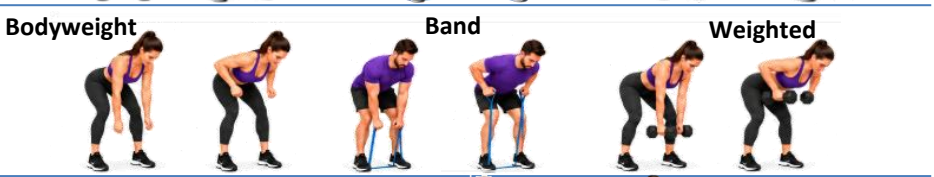
3 BICEPS CURL TO OVERHEAD PRESS



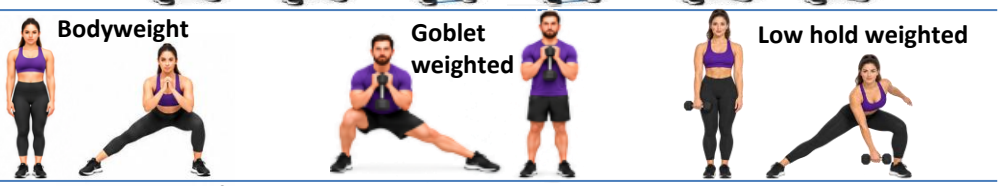
4 HIP HINGE or ROMAINIAN DEADLIFT



5 BENT OVER ROW



6 ALTERNATING SIDE LUNGE



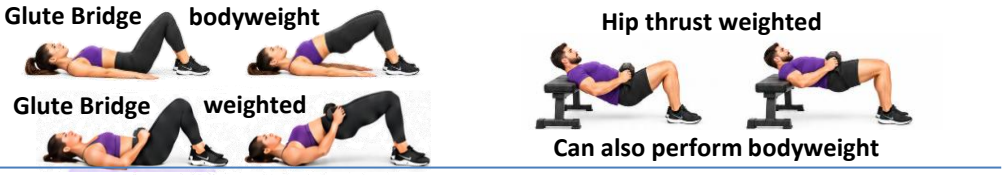
7 TRICEPS DIPS or KICKBACKS



8 OVERHAND FRONT RAISE & AROUND THE WORLD



9 GLUTE BRIDGE or HIP THRUST



10 HALF KNEELING ROTATIONS

