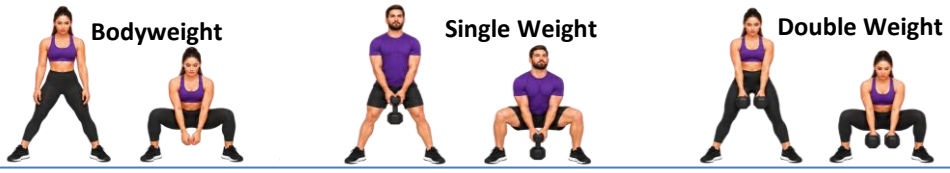
FULL BODY FUNCTIONAL STRENGTH

CIRCUIT 2

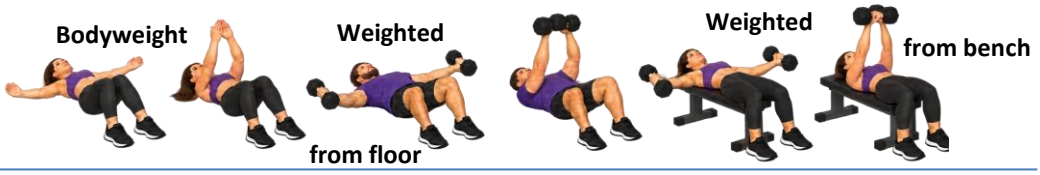
*App provides more variation swaps

Exercises can be performed using bodyweight or added weight/resistance

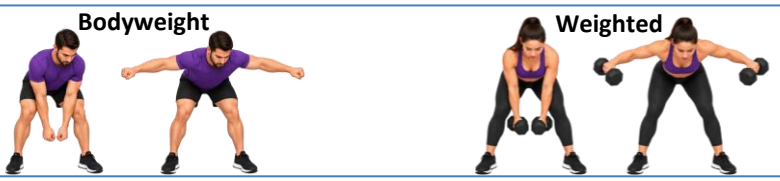
1 SUMO SQUAT



2 FLOOR FLY or BENCH FLY



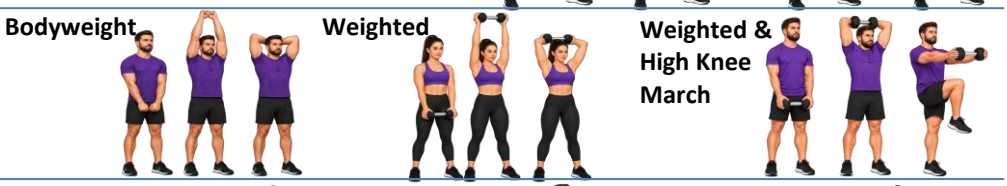
3 STANDING REAR DELT FLY



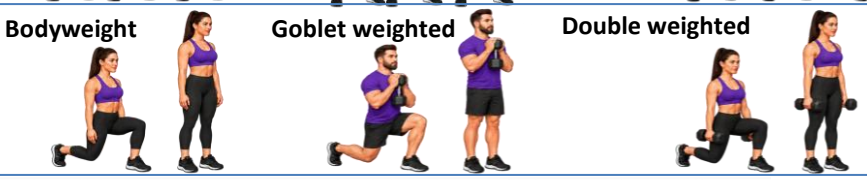
4 SUMO HINGE PULL THROUGH OR SWING



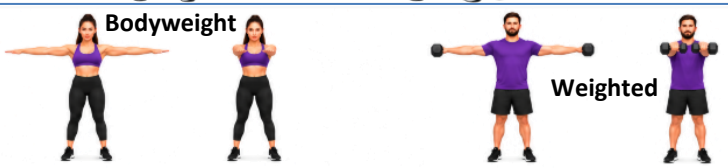
5 FRONT RAISE TRICEPS EXT



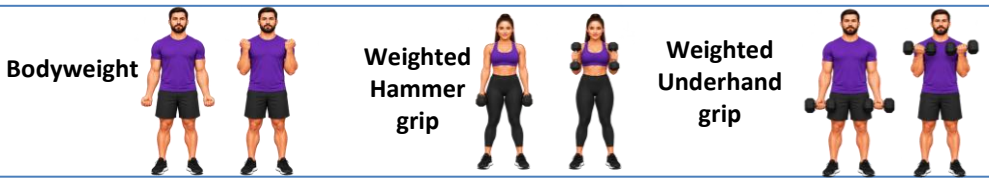
6 ALTERNATING REVERSE LUNGE



7 LATERAL TO FRONT RAISE COMBO



8 BICEPS CURL VARIATION



9 ALTERNATING STANDING ROTATION



10 STEP UPS FROM THE GROUND or BENCH/BOX

