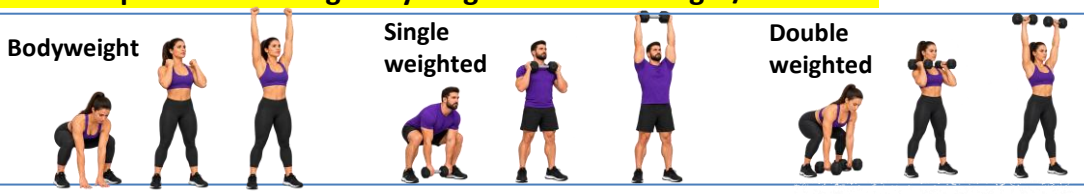
FULL BODY FUNCTIONAL STRENGTH

CIRCUIT 3

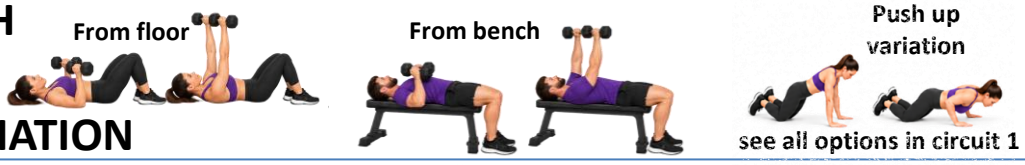
*App provides more variation swaps

Exercises can be performed using bodyweight or added weight/resistance

1 CLEAN & PRESS



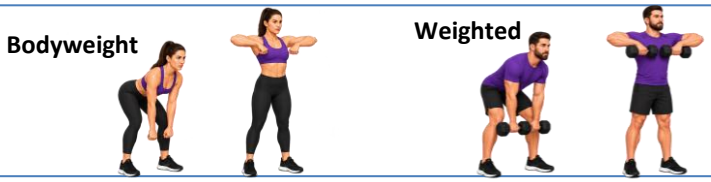
2 FLOOR/BENCH PRESS or PUSH UP VARIATION



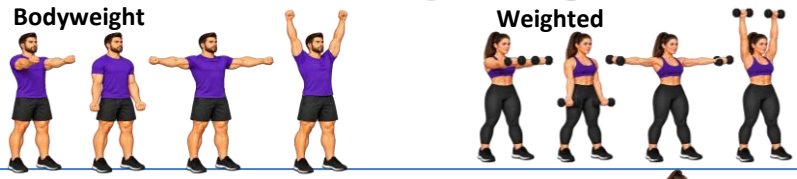
3 MEET IN THE MIDDLE



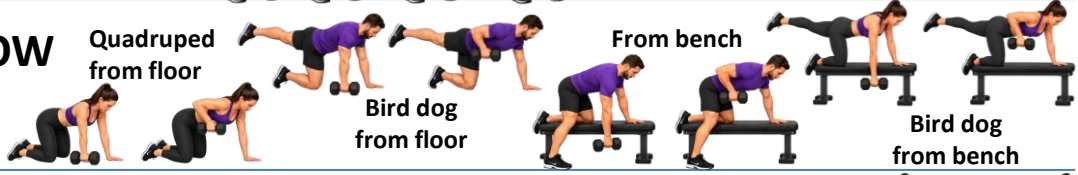
4 RDL/HINGE to UPRIGHT ROW



5 UNDERHAND FRONT RAISE & AROUND THE WORLD



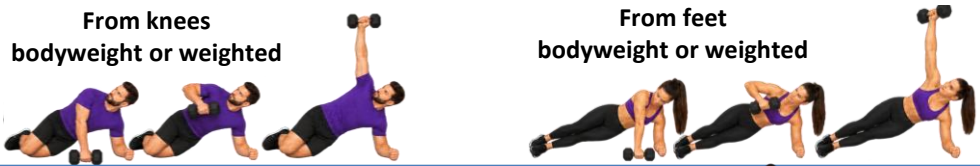
6 ONE ARM ROW VARIATION



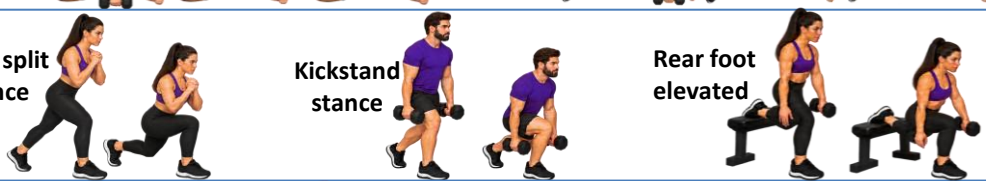
7 ONE ARM KICKBACK VARIATION



8 ONE ARM SIDE PLANK ROW/PRESS



9 SPLIT SQUAT



10 SPLIT HINGE

