

## CIRCUIT ONE

2 SETS  
8 MINUTES

### Sumo Squat

15 REPS



### Divebomber Push Up

15 REPS



### Upright Row

15 REPS



### Military Push Up

15 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

### Chair Lunge

15 REPS  
PER SIDE



### In and Out Curl

10 REPS  
PER SIDE



### Back Fly

15 REPS



### Dumbbell Step Down

10 REPS  
PER SIDE



COOL DOWN: Stretching Guide