

EXPRESS CIRCUIT #1

On the mat

Cardio-go fast!

Each interval is 1:00. Transition quickly between exercises

WORKOUT #1 FULL BODY STRENGTH + CARDIO-PUSH

Length: 30 Minutes

Equipment required

Interval timer set to 30 X

1:00 intervals

Bench

Medicine Ball

Exercise Mat

This workout is a full **cardio** workout where the heart rate is elevated the entire time.

The emphasis is on functional strengthening of all major **PUSH** muscle groups (chest, shoulder triceps, quads) + CORE.

Do one circuit each day alternating **push & pull** circuits or combine two for a full hour full body every other day

This workout should kick your ass!

1. **Cycle** Moderate speed (moderate tension)
2. **Squat to overhead press** (5-12 lbs Med ball, ball touches floor)
3. **3 Step- Lateral Shuffles** (Hold 10lbs+ball or dumbbells)
4. **Push-up + alternating 1 arm salute**
5. **Up and over lateral bench step-ups**
6. **Wood Chop (L)** (low to high w/5-12 lbs Med ball)
7. **Plank + alternating toe taps**
8. **Wood Chop (R)** (low to high w/5-12 lbs Med ball)
9. **Alternating side squats** (Hold 10lbs+Med ball)
10. **Cycle**-Sprint speed (moderate tension)
11. **Split squat (L)** (Hold 10lbs+ball or dumbbells)
12. **Overhead shoulder press** (Dumbbell)
13. **Split squat (R)** (Hold 10lbs+ ball or dumbbells)
14. **Push-up to alternating side plank**
15. **Walking Lunges** (Hold ball or dumbbells)
16. **Front/lateral shoulder raise combo**
17. **Bench step-up (L)**
18. **Bicycle Crunches**
19. **Bench step-up (R)**
20. **Tricep Push-up on Bench** (narrow grip)
21. **Cycle**- Climb (High tension)
22. **Calf raise** (Off a step or stair)
23. **Overhead Tricep Press** (Dumbbell)
24. **Fast Feet** (stay low, hold med ball)
25. **Mountain Climber Plank** (Alt knee to elbow)
26. **Russian Twist** (5lbs+Med ball or DB)
27. **Abdominal Pike** (5lbs+Med ball or DB)
28. **V-Sit + Med ball toss** (5lbs+Med ball, feet off the floor)
29. **Deadbug**
30. **Bird Dog**

By Shari Feuz B.A. Kinesiologist, Personal Trainer

Got questions or bored of this circuit? shari@radiancwellness.ca