



INSPIRE ONE WELLNESS

simple. whole. health.

Warm Up: 7 Minutes

Jog :30
BK :30
HK :30
Shoulder rolls :30
Jumping Jacks :30
Lunge :30 sec (each leg)
Lunge Jumps :30
Squat with front raise :30
ISO-hold Squat w/twist :30
Side jump punch :30
In-out-in :30
Quick feet :30
Jog OH Press :30

Circuit #1 (Repeat 3x, Rest :30 after each round)

Push Up to T :30 (Chest/Core)
Side Lunge w/twist :30 (Legs/Core)
Hamstring Curl on Stability Ball :30 (Hams)
Bridge on SB w/DB :30 (Glutes)
Toe Taps on Bench :30 (Cardio)

Circuit #2 (Repeat 3x, Rest :30 after each round)

Squat w/rotation :30 (Legs/Core/Delts)
Bicep Curls w/band :30 (Biceps)
OH Triceps :30 (Triceps)
Alt High Row :30 (Delts)
X- Jumps :30 (Cardio)

Circuit #3 (Repeat 3x, Rest :30 after each round)

Uni Chest Fly :30 (Chest)
Deadlift :30 (Hams/Legs)
Core Roll up on SB :30 (Core)
Jump/shuffle over bench w/OH press :30

Circuit #4 (Finish Round - about 2:30/rest 1:00/repeat 2X)

10 Front Raise, Side Raise, ISO hold :10
12 Hammer Curls
12 Side Curls
10 Calve Raises
12 Lunge each side
12 Squat Jumps
10 each side Plank Hip Drop
12 Bridge Lifts

Abs/Cool Down: 5 Minutes

Superman :30 (Spinal muscle)
Russian Twist w/DB :30
Bicycle :30
Plank Toe Step Out :30
Butterfly
Hamstring Stretch
Quad Stretch
Back Stretch
Chest Stretch

