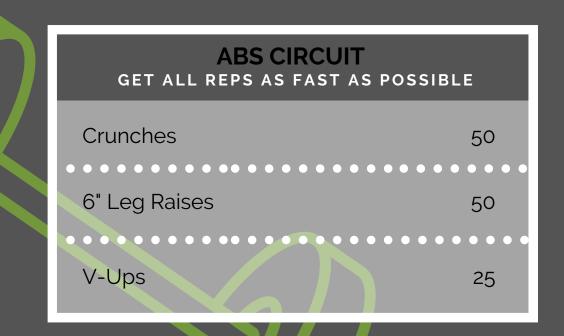




TODAY IS A CIRCUIT-STYLE WORKOUT. USE WHATEVER ORDER AND REST TIMES YOU NEED TO GET ALL OF THE REPS.

| EXERCISE                  | SETS & REPS |  |  |
|---------------------------|-------------|--|--|
| Chair Sit-To-Stand        | 50 total    |  |  |
| • • • • • • • • • • • • • | ••••••      |  |  |
| Bottom-Start Push-Ups     | 50 total    |  |  |
| ••••••                    |             |  |  |
| Seal Jacks                | 50 total    |  |  |
|                           |             |  |  |





IF YOU CAN'T COMPLETE AN EXERCISE ALL IN ONE GO, TAKE A SMALL BREAK AND KEEP GOING UNTIL YOU DO!

| ORDER                                   | EXERCISE             | SETS & REPS | REST   |  |  |
|---|----------------------|-------------|--------|--|--|
| 1                                       | Wall Sit             | 3 x 30 sec  | 60 sec |  |  |
| • |                      |             |        |  |  |
| 2                                       | Glute Bridge<br>Hold | 3 x 30 sec  | 60 sec |  |  |
| • |                      |             |        |  |  |
| 3                                       | Toe Touch            | 3 x 20      | 45 sec |  |  |

| CARDIO CIRCUIT REST 90 SECONDS BETWEEN ROUND           |                        |  |  |
|--|------------------------|--|--|
| Walking Lunge  | 2 x AMRAP<br>in 30 sec |  |  |
| Stair Jumps (jump to one step and then step back down) | 2 x AMRAP<br>in 30 sec |  |  |
| Sit-Ups  | 2 x AMRAP<br>in 30 sec |  |  |