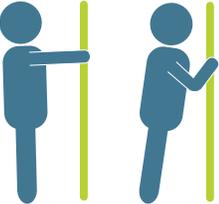
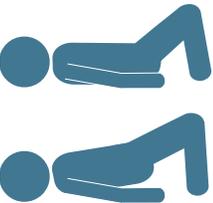


Circuit Workout

Circuit training is very beneficial for developing strength and cardio. Begin with a gentle warm-up, then complete each exercise, one after the other, until all are finished. Repeat a second time, for a **total of 2 sets**.

EXERCISE	REPS	DESCRIPTION
 <p>Squats with Forward Arm Raise</p>	12-15 reps	Stand with your feet shoulder width apart keeping your toes pointed forward or slightly angled outward. Begin with your hands extended down by your sides. Now slowly bend your knees, aiming to get to 90 degrees, and as you do so raise your arms straight up in front of you so they are parallel with the floor. Pause for a moment then return to the initial position. Inhale as you squat down and exhale as you rise up. Remember to keep your back straight throughout the entire movement.
 <p>Standing Arm Curl with Chest Press with Medicine Ball</p>	12-15 reps	Stand with your feet shoulder width apart and hold a medicine ball in your hands at the level of your thighs. Perform an arm curl raising the ball toward your chest then perform a chest press pushing the ball out directly in front of you. Return to the starting position and continue alternating between the arm curl and chest press.
 <p>Warrior II</p>	Hold 10-20 seconds (each leg)	Stand with one leg a few feet in front of the other. The front toes should be facing forward and the toes of the back leg should be at a 45 degree angle from the forward position. Now bend the front leg to 90 degrees and straighten the back leg. Your arms should be held out parallel to the floor directly in front and behind your body, leaving your torso slightly rotated. Hold this position for the recommended amount of time, then switch legs and repeat.
 <p>Wall Push-ups</p>	12-15 reps	Stand and place both hands at shoulder level against a wall. Fingers should be pointing toward the ceiling, rotated slightly inwards and arms parallel to the floor. Begin with your arms straight and slowly bend at the elbows so your body approaches the wall in front of you. When your nose touches, exhale and extend your arms back to the starting position. Repeat.
 <p>Bridging with 2 Feet on Floor</p>	12-15 reps	Lie on your back with your arms along your sides, palms down and legs bent so that your soles of your feet rest on the floor. As you exhale, push down through your feet and lift your hips off the floor. Hold the position for 2 seconds and then inhale as you return to your starting position. As you lower your pelvis to the floor to repeat the movement, do not let your buttocks actually touch down. Instead repeat the exercise without resting in between repetitions.
 <p>Floor Hip Extension (Bent Leg)</p>	15 for each leg	Kneel on the ground and rest your forearms flat on the floor so your elbows are bent to 90 degrees and are directly under your shoulders. Now raise one leg and bend it so that your thigh is parallel to the floor and your knee is bent with the sole of your foot facing the ceiling. From here, slowly raise your foot to the ceiling and then lower it without letting your knee drop to the ground. Repeat all repetitions on the same leg before switching sides.

Circuit Workout

EXERCISE	REPS	DESCRIPTION
 <p>Standing Tricep Extension with Medicine Ball</p>	12-15 reps	Stand with your feet shoulder width apart and hold a medicine ball in your hands. Hold the medicine ball up above your head with your arms fully extended. Now inhale as you lower the weight behind your neck and exhale as you slowly raise the weight back up to the starting position. Other than your elbows bending, your arms should remain in the same position. Repeat the movement for the recommended number of times.
 <p>Standing Twists with Medicine Ball</p>	30 reps	Stand with your feet shoulder width apart. Hold a medicine ball in your hands and rotate your upper body slowly from side to side. Keep your pelvis motionless by contracting the buttocks throughout the movement.
 <p>Lower Back Alternating Arm and Leg Extension</p>	12 reps	Lie face down on a mat with your arms fully extended along the floor in front of you. Contract your abs and slowly raise your left arm and your right leg a few inches from the ground. Hold for two seconds then lower and raise the opposite arm and leg. Exhale as your raise your limbs and inhale as you lower them.
 <p>Cat Cow Exercise</p>	8 breaths	Begin on all fours with your hands placed directly under your shoulders. Exhale and arch your back upwards towards the ceiling, then inhale and bring your stomach down to the ground curling your back in the opposite direction. Perform this exercise slowly and focus on your breathing.
 <p>Boat, Hand on Knees</p>	15-20 seconds	Sit with your legs bent and heels on the floor. Place your hands on your knees or upper shins (which ever feels more comfortable). Contract your abdominal muscles and hold the position while maintaining a straight back. Hold for the recommended period of time and each time you inhale try to focus on lengthening the spine.
 <p>Knees to Chest</p>	Hold for 30 seconds	Lie on the floor with your legs extended and then slowly bend your knees toward your chest and separate them slightly. Wrap your hands around your knees and hold for the recommended amount of time.
Repeat circuit again to complete a total of 2 sets.		
 <p>Stretch</p>	10-15 minutes	Now that you've finished your workout, take 10-15 minutes to cool down and stretch. Target both upper and lower body and aim to hold each pose for 1 minute.