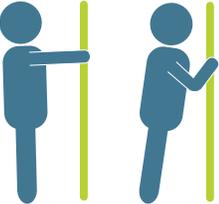
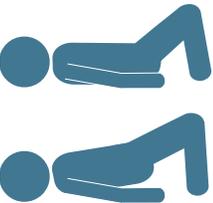


# Circuit Workout

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><b>Squats with Forward Arm Raise</b></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><b>Arm Curl and Chest Press with Weight</b></p>	12-15 reps	Stand with your feet shoulder width apart and hold a weight in your hands at the level of your thighs. Perform an arm curl raising the weight toward your chest then perform a chest press pushing the weight out directly in front of you, then immediately back to your chest. Return to the starting position and continue alternating between the arm curl and chest press.
 <p><b>Warrior II</b></p>	Hold 30 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><b>Wall Push-ups</b></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><b>Bridging with 2 Feet on Floor</b></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><b>Floor Hip Extension (Bent Leg)</b></p>	12-15 reps, each leg	Begin on all fours. Now raise 1 leg and bend it so that your thigh is parallel to the floor, your knee is bent to 90 degrees, and the sole of your foot is facing the ceiling. From here, slowly pump your foot upwards about 6 inches, towards the ceiling. Repeat on the same leg before switching sides.

# Circuit Workout

EXERCISE	REPS	DESCRIPTION
 <p><b>Standing Tricep Extension with Weight</b></p>	12-15 reps	Stand with your feet shoulder width apart and hold a weight in your hands. Hold the weight 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><b>Standing Twists with Weight</b></p>	30 reps	Stand with your feet shoulder width apart. Hold a weight in your hands and rotate your upper body slowly from side to side. Keep your pelvis still and facing forward by contracting your core.
<p><b>Arm and Leg Extension</b></p> 	12-15 reps, each leg	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 2 seconds then lower and raise the opposite arm and leg. Exhale as you raise your limbs and inhale as you lower them.
 <p><b>Cat Cow Exercise</b></p>	12 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><b>Boat, Hand on Knees</b></p>	Hold 30 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><b>Knees to Chest</b></p>	Hold 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.
<b>Repeat circuit again to complete a total of 2 sets.</b>		
 <p><b>Stretch</b></p>	5-10 minutes	Now that you've finished your workout, take 5-10 minutes to cool down and stretch. Target both upper and lower body and aim to hold each pose for 1 minute.