



INSPIRE ONE WELLNESS

simple. whole. health.

Warm Up: 7 Minutes

Jog :30
BK :30
HK :30
Heel Touch :30
Toe Touch :30
Jumping Jacks :30
Lunge :30 sec (each leg)
Squat with front raise 1:00
Shuffle 1:00
Jumping Jacks :30
Jog OH Press :30

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

DB Bench on Ball :30 (Chest)
Push Up :30 (Chest)
Plank: 30 (Core)
Mt. Climbers :30

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

DB Bicep Curls :30 (Biceps)
Triceps Dip on bench :30 (Triceps)
DB Lateral Raises :30 (Delts)
Jumping Jacks :30

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

Squat w/DB front raise :30 (Legs)
DB pullover on ball :30 (Lat)
Plank Row :30 (Back)
Burpee :30

Circuit #4 (Repeat 3x, Rest :30 after each round)

Lunge 1 arm press :30 (Legs/Delt)
Step Up, Ham & Bi curl :30 (Hams/Bi)
Shuffle Side Shot :30
Jump Rope :30

Cool Down: 5 Minutes

All 4's :30 (Spinal muscle)
Oblique Ab's :30
Plank - All the way around
Hamstring Stretch
Quad Stretch
Back Stretch
Chest Stretch

