



# INSPIRE ONE WELLNESS

*simple. whole. health.*

## Warm Up: 7 Minutes

Jog/March in place :30  
Front leg kicks :30  
Heel taps w/OH Press :30  
BK :30  
HK :30  
Jumping Jacks :30  
Lunge :30 sec (each leg)  
Squat :30  
ISO-hold Squat w/twist :30  
Side jump punch :30  
In-out-in :30  
Quick feet :30  
Jog :30

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

Up/Downs in Plank :30 (Chest/Core)  
Curtisie Squat w/HC :30 (Legs/Biceps)  
Arnold OH Press :30 (Ant. Delt)  
Lunge w/Kick :30 (Legs)  
Plank rock for/back to in/outs :30 (Core/Cardio)

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

Split Leg Squat w/step :30 each leg (Legs)  
All Out Arms: (10X each, switch arms) Angle Front Raise (Ant Delt)  
Lat Raise (Lat Delt)  
Row (Gen Back/traps)  
Kickback (Triceps)  
Power Skip :30 (Cardio)

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

Push Up w/Leg kickback :30 (Chest/Glutes)  
Sidewalk w/Band :30 (Legs/Thighs)  
Ham Curl w/Band :30 (Hams)  
Farmers walk w/DB (5 up/5 back) 3X (Calves)  
Quick Feet/High Jump :30

## Plyo Round (2 X 20) (no rest in between)

Jump Side twist to Side  
Burpees  
Mt. Climbers  
Squat Jumps

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

10 Frontal Swing  
10 Squats w/hands behind head  
12 Chest Flys  
12 Shrugs  
20 Front Punches (10 each arm)  
12 Lunge each side  
12 Plank shoulder taps  
20 Cross Body Mt Climbers (10 each leg)

## Cool Down: 5 Minutes

