

DAY 22: TOTAL BODY CIRCUIT

Today's Workout

WARM UP: 30 seconds per exercise

WORKOUT: 1 minute per exercise; 15 second rest between exercises

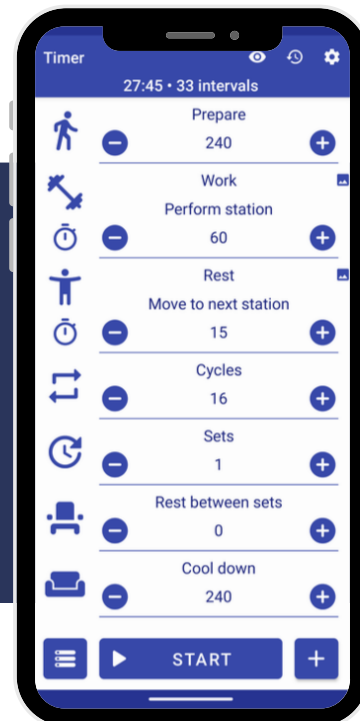
COOL DOWN: Hold each stretch for 30 seconds



[FOR A VIDEO OF THE EXERCISES
SCAN QR CODE OR CLICK HERE](#)

MAKE SURE TO SET YOUR TIMER FOR THIS WORKOUT!

I use "Tabata Timer", however, any timer application will work. Get "Tabata Timer" for [Apple](#) or [Android](#).



DAY 22: WARM-UP

30 SECONDS PER EXERCISE

1. MARCH OR JOG IN PLACE



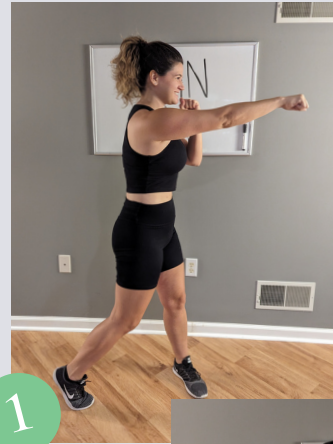
2. ALTERNATING TOE TOUCH CROSSOVERS



3. MODIFIED JUMPING JACKS



4. SIDE TO SIDE PUNCHES



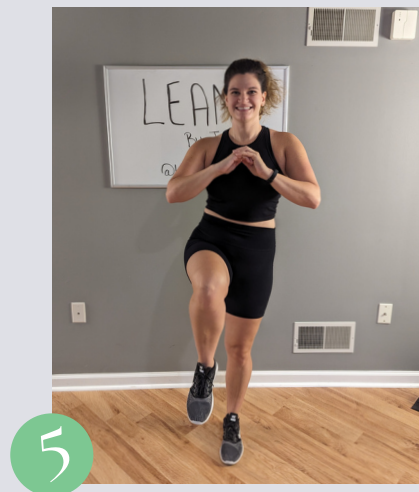
5. ALTERNATING REVERSE LUNGE TO TWIST



6. PLANK WALK OUTS



7. ALTERNATING OPEN & CLOSE THE GATE



8. MARCH OR JOG IN PLACE



DAY 22: TOTAL BODY CIRCUIT

1 MIN PER EXERCISE; 15 SECOND REST BETWEEN EXERCISES

1. ALTERNATING REVERSE LUNGE TO SIDE RAISE



1



2



3



4

FORM TIPS:
1. Make sure the dumbbell does not go higher than your shoulder.

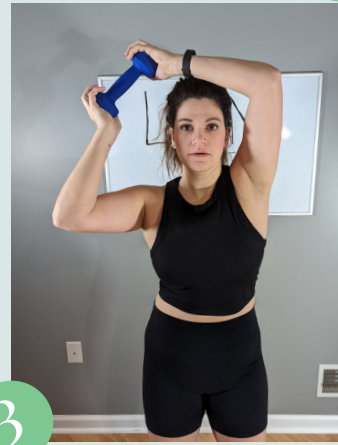
2. ELEVATED SQUATS



FORM TIPS:

1. Make sure your entire heel is elevated.
2. Keep toes facing forward.
3. Keep back as upright as possible.

3. ALTERNATING DUMBBELL HALOS



FORM TIPS:

1. Make sure to go around the back of the head.



4. WOODCHOP (SAME SIDE)



1



2



3

5. STEP UPS (30 SECONDS EACH SIDE)



1



2



3

FORM TIPS:

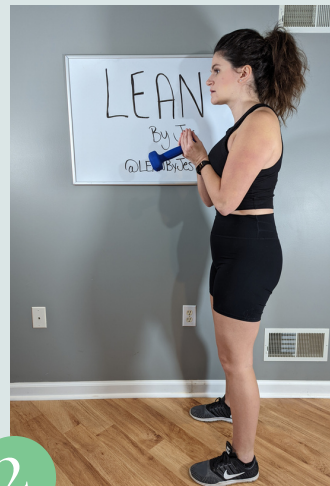
1. You can use a stair if you do not have an aerobic deck.

6. SINGLE LEG HAMMER CURL (SWITCH LEGS AFTER 30 SECONDS)

FORM TIPS:
1. Make sure you are only moving your elbow, not your shoulder, when completing this exercise.



7. WAITER CURLS



8. WOODCHOP (OTHER SIDE)



1



2



3

9. SUMO SQUAT



1



2



3

FORM TIPS:
1. Keep your back straight.
Pretend your back is sliding down a wall.



10. PLANK WALK OUTS



11. ALTERNATING CHEST RAISES



1



2

FORM TIPS:
1. Keep elbows straight, but not locked.
2. Make sure your hand moves towards the midline of your body.

12. MARCHES WITH DUMBBELL PUSH OUT



1



2



3



13. CALF RAISE HOLD (HOLD 25 SECONDS; REST 5 SECONDS X2)



14. PRONE YS



15. FLOOR BRIDGE HOLD WITH SKULL CRUSHER TO LAT PULLDOWN



16. BENT KNEE JACKKNIFE



DAY 22: COOL DOWN

HOLD EACH STRETCH FOR 30 SECONDS

1. SITTING TOE TOUCH



2. BUTTERFLY



3. BUTTERFLY WITH TWIST



4. BUTTERFLY WITH TWIST
(OTHER SIDE)



5. BICEPS STRETCH



6. TRICEPS STRETCH



7. BICEPS STRETCH
(OTHER SIDE)



8. TRICEPS STRETCH
(OTHER SIDE)



“YOU MAY NOT BE THERE YET, BUT YOU ARE CLOSER THAN YOU WERE YESTERDAY.”

