

## Peripheral Heart Action Circuit

This workout forces your heart to work harder by creating the need for oxygen filled blood on different ends of your body. Higher intensity = More burned calories. You'll notice a pattern with this, and can always customize to personal preference. This circuit is strength and power based, and can be performed outside the confines of the gym.

GROUP WARM-UP		Sets	Time	Notes
Foam Roll	Choice	2		
Stretch	Choice	2		

MOVEMENT PREP		Sets	Reps	Notes
Walking Lunge		2	20	
Push-up w/ Rotation		2	20	
YTA on Stability Ball		2	20	

CIRCUIT		Sets	Time	Tempo	Notes
Station 1	Mountain Climber	1-3	20s	Fast	
Station 2	Side-to-Side Lunge	1-3	20s	Controlled	
Station 3	Push-up	1-3	20s	Controlled	
Station 4	REST – Back to Station 1 (until sets are complete)	1-3	2min		If you need a sip of water, this would be the time to drink some.
Station 5	Push-up w/ Clap	1-3	15s	Fast	
Station 6	Squat Jump	1-3	15s	Fast	Jump and extend hips, knees, ankles.
Station 7	Medicine Ball Push-press	1-3	15s	Fast	Throw the ball straight up, catch, repeat.
Station 8	Ice Skaters	1-3	15s	Fast	Side to side movement.
Station 9	REST – Back to Station 5 (until sets are complete)	1-3	2-3min		

COOL DOWN	
5min Choice	

For more workouts or information visit

<http://fitness-for-everyone.com>

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