

The Lightning Round

Circuit Training is great because you're killing two birds with one stone. You get the benefits of cardiorespiratory *AND* resistance training. Many of us don't have more than 20-40 minutes to realistically workout during the busy workweek. So, by combining the two, we save time without sacrificing volume. This workout will only take you 20 – 30 minutes to complete – as long as you keep moving.

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

MOVEMENT PREP		Sets	Reps	Notes
Prisoner Squats		2	20	
Tube Walking		2	20	
Push-up w/ Rotation		2	20	

CIRCUIT		Sets	Time	Tempo	Notes
Station 1	Jack-Push-Climb	1-3	30s	Controlled	
Station 2	Squat → Medicine Ball Push Press	1-3	30s	Controlled	
Station 3	Side-to-Side Lunge	1-3	30s	Controlled	
Station 4	Medicine Ball Slam	1-3	30s	Fast	
Station 5	Power Push-up (w/clap)	1-3	30s	Fast	
Station 7	50 Yard Run or Sprint	1-3	30s	Best Ability	Skip if limited to indoors.
Station 8	REST	1-3	2min		If you need a sip of water, this is the time to drink some.

COOL DOWN	
5min Choice	

For more workouts or information visit:

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

Contact:

info@fitness-for-everyone.com

Social:

Please LIKE and SHARE the Facebook Page

