

# FULL-BODY

## Circuit Workout

# WITH WEIGHTS

After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit. You will need a set of dumbbells, between 5 and 8 pounds.

### CIRCUIT 1



**NARROW SQUAT  
W/ OVERHEAD  
PRESS**  
15 REPS

**PLANK W/  
REVERSE ROW**  
10 REPS  
on each arm, alternating  
sides each rep

**SIDE  
LUNGE**  
12 REPS  
each leg, alternating  
sides each rep

### CIRCUIT 2

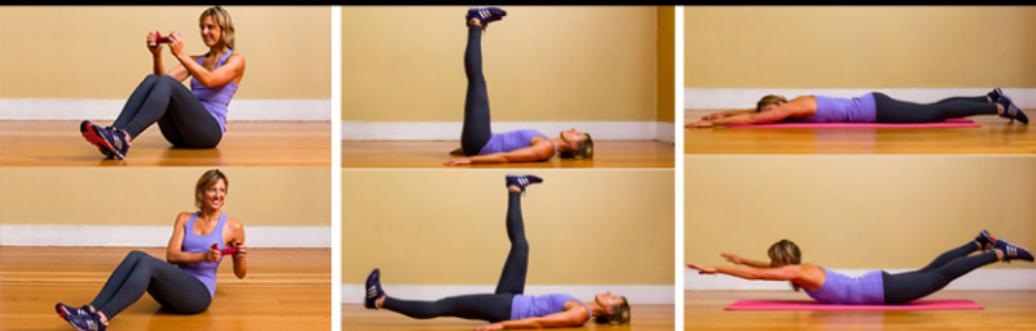


**PLIÉ SQUAT W/  
LATERAL RAISE**  
15 REPS

**SIDE PLANK  
PUSH-UP**  
10 REPS  
on each side

**REVERSE  
LUNGE W/  
BICEP CURL**  
10 REPS  
on each side

### CIRCUIT 3



**SEATED RUSSIAN  
TWIST**  
16 FULL ROTATIONS

**SCISSOR  
ABS**  
20 REPS

**SUPERMAN**  
HOLD FOR 30  
SECONDS, 3 TIMES