

BEGINNING VERSION

Perform every circuit 2x's

Take 30 SEC breaks after each of the 30 SEC plyo workouts. If you are just beginning to work out, perform each circuit **2X's THROUGH**. If are injured and can't perform any one of the below exercises, **improvise**. If there is a trainer or a person who looks like they know what they are doing copy a workout they may be doing, or **ASK**.

Tuesdays circuit challenge day 2:

Warm up: 10 min

CIRCUIT 1:

15 ROWS
30 SEC HIGH KNEES (refer to video demo at the end of the blog)
15 TRICEP DIPS
30 SEC JUMPING JACKS

CIRCUIT 2:

15 LAT PULL DOWNS
15 SQUAT JUMPS
20 BICEP CURLS

CIRCUIT 3:

15 PUSHUPS
15 BUTT KICKS
EZ BAR CURLS
20 DONKEY KICKS ONE LEG AT A TIME

CIRCUIT 4:

30 SEC ASSISTED PLANK

Cool down and stretch

Nice work. Day in and day out. Remember how hard you just worked out today next time that cookie tempts you. Eat healthy, Be strong!