Circuit 1

| | | | | | |
|---|---|---|---|---|---|
| 1. | Speed Jacks |  Speed Jack | Cardio | BW | Pg. 13 |
| 2. | Push Up |  Push Up | Chest | BW | Pg. 15 |
| 3. | Flutter Kick |  Flutter kick | Core | BW | Pg. 19 |
| 4. | Tricep Dip |  Tricep Dip | Arms | BW | Pg. 10 |
| 5. | Superman |  Superman | Back | BW | Pg. 12 |
| 6. | High Knee Running in Place |  High Knee Running in Place | Cardio | BW | Pg. 13 |
| 7. | Jump Back Push Up Pg. 16 |  Jump Back Push Up | Chest | BW | |
| 8. | Body Rock |  Body Rock | Core | BW | Pg. 19 |

Circuit 2

| | | | | | |
|---|---|---|---|---|---|
| 1. | Frog Lunge |  Frog Lunge | Cardio | BW | Pg. 14 |
| 2. | Tricep Extension |  Tricep Extension | Arms | EB | Pg. 55 |
| 3. | High Row |  High Row | Back | SS | Pg. 98 |
| 4. | Atomic Crunch |  Atomic Crunch | Core | SS | Pg. 105 |
| 5. | Chest Fly |  Chest Fly | Chest | RB | Pg. 89 |
| 6. | Bridge |  Bridge | Legs | DB | Pg. 48 |
| 7. | Romanian Dead Lift |  Romanian Dead Lift | Back | RB | Pg. 88 |
| 8. | L Raise |  L Raise | Shoulders | RB | Pg. 95 |

Circuit 3

| | | | | | |
|---|---|---|---|---|---|
| 1. | Bridge |  Bridge | Legs | SS | Pg. 113 |
| 2. | i Deltoid Fly |  "I" Deltoid Fly | Shoulders | SS | Pg. 116 |
| 3. | Tuck Up | | Core | SB | |
| 4. | Chin Up | | Arms | PB | |
| 5. | Squat |  Squat | Legs | BW | Pg. 28 |
| 6. | Upright Row |  Upright Row | Shoulders | DB | Pg. 54 |
| 7. | Back Extension |  Back Extension | Back | EB | Pg. 55 |
| 8. | Tricep Kick Back |  Tricep Kickback | Arms | RB | Pg. 86 |

Circuit 4

| | | | | | |
|---|---|---|---|---|---|
| 1. | Bicep Curl Low Anchor |  Bicep Curl (Low Anchor) | Arms | RB | Pg. 86 |
| 2. | Lat Pull Down |  Lat Pull | Back | RB | Pg. 87 |
| 3. | Squat Row |  Squat Row | Cardio | RB | Pg. 88 |
| 4. | Chest Press |  Chest Press | Chest | RB | Pg. 89 |
| 5. | Cross Plank |  Cross Plank | Core | RB | Pg. 90 |
| 6. | Squat Twist |  Squat Twist | Full Body | RB | Pg. 92 |
| 7. | Hamstring Curl |  Hamstring Curl | Legs | RB | Pg. 93 |
| 8. | Shoulder Press |  Shoulder Press | Shoulders | RB | Pg. 95 |

Circuit 5

| | | | | | |
|---|---|---|---|---|---|
| 1. | Bicep Curl to Ears |  Bicep Curl (To Ears) | Arms | SS | Pg. 96 |
| 2. | Hamstring Curl Bridge |  Hammstring Curl Bridge | Legs | SS | Pg. 115 |
| 3. | Oblique Crunch |  Oblique Crunch | Core | EB | Pg. 59 |
| 4. | Alternating Press |  Alternating Press | Shoulders | DB | Pg. 53 |
| 5. | Bulgarian Split Squat |  Bulgarian Split Squat | Legs | DB | Pg. 50 |
| 6. | Pull Over |  Pullover | Back | RB | Pg. 87 |
| 7. | Leg Raise |  Leg Raise | Core | RB | Pg. 91 |
| 8. | i Pose Pump |  I-Pose Pump | Back | BW | Pg. 12 |

Circuit 6

| | | | | | |
|---|---|---|---|---|---|
| 1. | Bulgarian Split Squat |  Bulgarian Split | Legs | EB | Pg. 64 |
| 2. | Pull Up |  Pull Up | Back | SS | Pg. 98 |
| 3. | Wheel Barrow |  Wheelbarrow | Full Body | SS | Pg. 110 |
| 4. | Front Back Raise |  Front Back Raise | Shoulders | DB | Pg. 53 |
| 5. | Goblet Squat |  Goblet Squat | Legs | DB | Pg. 48 |
| 6. | Tuck Up Pike Down | | Core | SB | |
| 7. | Bicep Curl (Low Anchor) |  Bicep Curl (Low Anchor) | Arms | RB | Pg. 86 |
| 8. | Row |  Row | Back | RB | Pg. 88 |

Circuit 7

| | | | | | |
|---|---|---|---|---|---|
| 1. | Diamond Push Up |  Diamond Push Up | Arms | BW | Pg. 11 |
| 2. | T Pose Pump |  T-Pose Pump | Back | BW | Pg. 12 |
| 3. | Tuck Jump |  Tuck Jump | Cardio | BW | Pg. 13 |
| 4. | Wide Arm Push Up |  Wide Arm Push Ups | Chest | BW | Pg. 17 |
| 5. | RT Side Plank |  Side PLank | Core | BW | Pg. 20 |
| 6. | LT Side Plank | | Core | BW | Pg. 20 |
| 7. | Lunge |  Lunge | Legs | BW | Pg. 27 |
| 8. | Running Jack |  Running Jack | Cardio | BW | Pg. 14 |

Circuit 8

| | | | | | |
|---|---|---|---|---|---|
| 1. | Cross Hammer Curl |  Crossbody Hammer Curls | Arms | DB | Pg. 33 |
| 2. | Dragon Walk |  Dragon Walk | Chest | DB | Pg. 39 |
| 3. | Pike |  Pike | Core | EB | Pg. 59 |
| 4. | Shoulder Rotation |  Shoulder Rotation | Shoulders | SS | Pg. 116 |
| 5. | Bridge |  Bridge | Legs | SS | Pg. 113 |
| 6. | Tuck Up | | Core | SB | |
| 7. | Romanian Deadlift |  Romanian Dead Lift | Back | RB | Pg. 88 |
| 8. | Back Squat |  Back Squat | Legs | RB | Pg. 93 |

Circuit 9

| | | | | | |
|---|---|---|---|---|---|
| 1. | Side Lunge |  Side Lunge | Legs | RB | Pg. 94 |
| 2. | Knees To Chest |  Knees To Chest | Core | RB | Pg. 91 |
| 3. | X Raise |  X Raise | Back | EB | Pg. 55 |
| 4. | Tricep Dip (Leg Up) |  Tricep Dip Leg Up | Arms | BW | Pg. 10 |
| 5. | Kick Butt |  Kick Butt | Legs | BW | Pg. 27 |
| 6. | Overhead “C” |  Overhead C | Arms | KB | Pg. 66 |
| 7. | Arm Circles |  Arm Circles | Shoulders | DB | Pg. 53 |
| 8. | Body Saw Hands |  Bodysaw (Hands) | Core | SS | Pg. 105 |

Circuit 10

| | | | | | |
|---|---|---|---|---|---|
| 1. | Bicep Curl (High Anchor) |  Bicep Curl (High Anchor) | Arms | RB | Pg. 86 |
| 2. | High Row |  High Row | Back | RB | Pg. 87 |
| 3. | Lunge Fly |  Lunge Fly | Cardio | RB | Pg. 88 |
| 4. | Spiderman Push up |  Lunge Fly | Chest | RB | Pg. 90 |
| 5. | Leg Raise |  Leg Raise | Core | RB | Pg. 91 |
| 6. | Lunge Press |  Lunge Press | Full Body | RB | Pg. 92 |
| 7. | Bulgarian Split Squat |  Bulgarian Split Squat | Legs | RB | Pg. 93 |
| 8. | Pike Push Up |  Pike Push Up | Shoulders | RB | Pg. 95 |

Circuit 11

| | | | | | |
|---|---|---|---|---|---|
| 1. | Scissor Squat |  Scissor Squat | Legs | BW | Pg. 30 |
| 2. | Lateral Raise |  Lateral Raise | Shoulders | DB | Pg. 54 |
| 3. | Ball Press |  Ball Press | Chest | EB | Pg. 58 |
| 4. | Reverse Bicep Curl |  Reverse Bicep Curl | Arms | SS | Pg. 96 |
| 5. | Body Saw Atomic Crunch |  Bodysaw Press Atomic Crunch | Full Body | SS | Pg. 110 |
| 6. | Pull Over |  Pull Over | Back | DB | Pg. 34 |
| 7. | Hamstring Curls |  Hamstring Curl | Legs | RB | Pg. 93 |
| 8. | Deltoid Fly |  Deltoid Fly | Shoulders | RB | Pg. 95 |

Circuit 12

| | | | | | |
|---|---|---|---|---|---|
| 1. | Shoulder Annihilator |  Shoulder Annihilator | Arms | BW | Pg. 11 |
| 2. | i Pose Pump |  I-Pose Pump | Back | BW | Pg. 12 |
| 3. | Burpee |  Burpee | Cardio | BW | Pg. 14 |
| 4. | Air Plane Abs |  Airplane ABS | Core | BW | Pg. 23 |
| 5. | Squat Jump |  Squat Jump | Legs | BW | Pg. 28 |
| 6. | Diamond Push Up |  Diamond Push Up | Arms | BW | Pg. 11 |
| 7. | Shoulder Bridge (Single Leg) |  Shoulder Bridge Single leg | Legs | BW | Pg. 30 |
| 8. | Circle Kick |  Circle Kick | Core | BW | Pg. 23 |

Circuit 13

| | | | | | |
|---|---|---|---|---|---|
| 1. | 1 Leg Deadlift |  1 Leg Deadlift | Legs | DB | Pg. 50 |
| 2. | Alternating Press |  Alternating Press | Shoulders | DB | Pg. 53 |
| 3. | Back Extension |  Back Extension | Back | EB | Pg. 55 |
| 4. | Chest Press |  Chest Press | Chest | SS | Pg. 102 |
| 5. | Side Bends |  Side Bends | Core | SS | Pg. 106 |
| 6. | Bulgarian Split Squat |  Bulgarian Split Squat | Legs | RB | Pg. 93 |
| 7. | X Arm Extension |  X Arm Extension | Arms | RB | Pg. 87 |
| 8. | Lunge Fly |  Lunge Fly | Cardio | RB | Pg. 88 |

Circuit 14

| | | | | | |
|---|---|---|---|---|---|
| 1. | Oblique Bodysaw |  Oblique Bodysaw | Core | SS | Pg. 106 |
| 2. | Pistol Squat |  Pistol Squat | Legs | SS | Pg. 116 |
| 3. | Tricep Extension |  Tricep Extension | Arms | RB | Pg. 86 |
| 4. | Lat Pull Down |  Lat Pull | Back | RB | Pg. 87 |
| 5. | Tuck Up | | Core | SB | |
| 6. | Bulgarian Leap |  Bulgarian Leap | Legs | DB | Pg. 50 |
| 7. | L Raise |  L Raise | Shoulders | DB | Pg. 54 |
| 8. | X Raise |  X Raise | Back | EB | Pg. 55 |

Circuit 15

| | | | | | |
|---|---|---|---|---|---|
| 1. | Glute Lift |  Glute Lift | Legs | EB | Pg. 63 |
| 2. | Tricep Kick Back |  Tricep Kickback | Arms | RB | Pg. 86 |
| 3. | Lunge Press |  Lunge Press | Full Body | RB | Pg. 92 |
| 4. | Arm Circles |  Arm Circles | Shoulders | RB | Pg. 95 |
| 5. | Incline Push Up |  Incline Push Up | Chest | SS | Pg. 103 |
| 6. | Variation Scissor Kick |  Variation Scissor Kick | Core | BW | Pg. 24 |
| 7. | Lateral Crossover Jump |  Lateral Jump Crossover | Legs | SS | Pg. 115 |
| 8. | Quad Hop |  Quad Hop | Cardio | BW | Pg. 15 |

Circuit 16

| | | | | | |
|---|---|---|---|---|---|
| 1. | Arnold Press | Shoulders | DB | | Pg. 53 |
| 2. | 1 Leg Side Squat | Legs | EB | | Pg. 64 |
| 3. | Plank Row | Back | KB | | Pg. 68 |
| 4. | Pike Up | Core | SB | | |
| 5. | Chest Fly | Chest | RB | | Pg. 89 |
| 6. | Bulgarian Leap | Legs | SS | | Pg. 115 |
| 7. | Handstand Push Up | Shoulders | SS | | Pg. 117 |
| 8. | Squat Twist | Full Body | RB | | Pg. 92 |


Arnold Press


1 Leg Side Squat


Plank Row


Chest Fly


Bulgarian Leap
(Split Squat)


Handstand Push Up


Squat Twist

Circuit 17

1. Levitating Lunge  Legs RB Pg. 94

Levitating Lunge

2. L Raise  Shoulders RB Pg. 95

L Raise

3. Tuck Up Pike Down Core SB

4. Bicep Curl (1 Arm)  Arms SS Pg. 96

Bicep Curl (1 Arm)

5. Squat Row  Cardio SS Pg. 101

Squat Row

6. Atomic Push Up  Full body EB Pg. 61

Atomic Push Up

7. Front Back Raise  Shoulders DB Pg. 53

Front Back Raise

8. Shoulder Bridge (1 Leg)  Legs BW Pg. 30

Shoulder Bridge
Single leg

Circuit 18

| | | | | | |
|---|---|---|---|---|---|
| 1. | Pike Push Up |  Pike Push Up | Arms | BW | Pg. 11 |
| 2. | Ski Jumper |  Ski Jumper | Cardio | BW | Pg. 13 |
| 3. | i Pose Pump |  I-Pose Pump | Back | BW | Pg. 12 |
| 4. | Power Jack |  Power Jack | Cardio | BW | Pg. 15 |
| 5. | Jumping Jack Push Up |  Jumping Jack Push Up | Chest | BW | Pg. 18 |
| 6. | Body Rock |  Body Rock | Core | BW | Pg. 19 |
| 7. | Scissor Squat |  Scissor Squat | Legs | BW | Pg. 30 |
| 8. | Variation Scissor Kick |  Variation Scissor Kick | Core | BW | Pg. 24 |

Circuit 19

| | | | | | |
|---|---|---|---|---|---|
| 1. | Tricep Extension |  Tricep Extension | Arms | RB | Pg. 86 |
| 2. | High Row |  High Row | Back | RB | Pg. 87 |
| 3. | Thruster |  Thrusters | Full Body | RB | Pg. 92 |
| 4. | Chest Fly |  Chest Fly | Chest | RB | Pg. 89 |
| 5. | Romanian Dead Lift |  Romanian Dead Lift | Back | RB | Pg. 88 |
| 6. | Leg Raise |  Leg Raise | Core | RB | Pg. 91 |
| 7. | Bulgarian Split Squat |  Bulgarian Split Squat | Legs | RB | Pg. 93 |
| 8. | Curl Press |  Curl Press | Full Body | RB | Pg. 92 |

Circuit 20

| | | | | | |
|---|---|---|---|---|---|
| 1. | Wall Squat |  Wall Squat | Legs | EB | Pg. 63 |
| 2. | i Deltoid Fly |  "I" Deltoid Fly | Shoulders | SS | Pg. 116 |
| 3. | Swaying Tower |  Swaying Tower | Full Body | SS | Pg. 112 |
| 4. | Cross Plank |  Cross Plank | Core | RB | Pg. 90 |
| 5. | Front Squat |  Front Squat | Legs | RB | Pg. 93 |
| 6. | Hammer Curls |  Hammer Curls | Arms | DB | Pg. 33 |
| 7. | Alternating Pull Over |  Alt. Pull Over | Back | DB | Pg. 34 |
| 8. | Hanging Pike Up | | Core | SB | |