

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

4. Chin Up

Core

SB

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



Hamstring 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

6. LT Side Plank



Side PLank

Core

BW

Pg. 20

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



Arnold Press

Shoulders

DB

Pg. 53

2. 1 Leg Side Squat



1 Leg Side Squat

Legs

EB

Pg. 64

3. Plank Row



Plank Row

Back

KB

Pg. 68

4. Pike Up

Core

SB

5. Chest Fly



Chest Fly

Chest

RB

Pg. 89

6. Bulgarian Leap



Bulgarian Leap  
(Split Squat)

Legs

SS

Pg. 115

7. Handstand Push Up



Handstand Push Up

Shoulders

SS

Pg. 117

8. Squat Twist



Squat Twist

Full Body

RB

Pg. 92

Circuit 17

1. Levitating Lunge



Levitating Lunge

Legs

RB

Pg. 94

2. L Raise



L Raise

Shoulders

RB

Pg. 95

3. Tuck Up Pike Down

Core

SB

4. Bicep Curl (1 Arm)



Bicep Curl (1 Arm)

Arms

SS

Pg. 96

5. Squat Row



Squat Row

Cardio

SS

Pg. 101

6. Atomic Push Up



Atomic Push Up

Full body

EB

Pg. 61

7. Front Back Raise



Front Back Raise

Shoulders

DB

Pg. 53

8. Shoulder Bridge (1 Leg)



Shoulder Bridge  
Single leg

Legs

BW

Pg. 30

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