

Abs and Arms Circuit

Equipment Needed: light dumbbells (or other handheld object), partner (optional but recommended!)

Time required: 45 Minutes to 1 hour

Calendar

1	2	3	4	5	6	7
Pull 1 (pg. 4)	Lower Body 1 (pg. 5)	Active Rest Day/Rest Day (pg. 3)	Core + Glutes 1	Push 1	Cardio 1	Active Rest Day/Rest Day (pg. 3)
8	9	10	11	12	13	14
Pull 2 (pg. 4)	Lower Body 2	Active Rest Day/Rest Day (pg. 3)	Core + Glutes 2	Push 2	Cardio 2	Active Rest Day/Rest Day (pg. 3)
15	16	17	18	19	20	21
Pull 1 (pg. 4)	Lower Body 1 (pg. 5)	Active Rest Day/Rest Day (pg. 3)	Core + Glutes 1	Push 1	Cardio 1	Active Rest Day/Rest Day (pg. 3)
22	23	24	25	26	27	28
Pull 2	Lower Body 2	Active Rest Day/Rest Day (pg. 3)	Core + Glutes 2	Push 2	Cardio 2	Active Rest Day/Rest Day (pg. 3)

Active Rest Day Ideas

Active Rest Day: Active rest days are an opportunity for you to listen to your body. Tune in to how you feel and be mindful of the movement your body needs. Ask yourself what you need to prepare for coming workouts.

Swimming

Surfing

Skateboarding

Biking

Hiking

Walking

Yoga

Pilates

Stretching

Foam rolling

Sports (etc. soccer, basketball, tennis)

Instructions

Step 1: Smile 😊

Step 2: Select Workout (1 = partner workout; 2= solo workout)

Step 3: Grab equipment

Step 3: Complete Warm-up

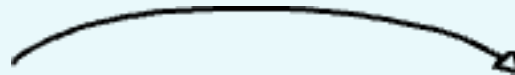
Step 4: Complete Circuit

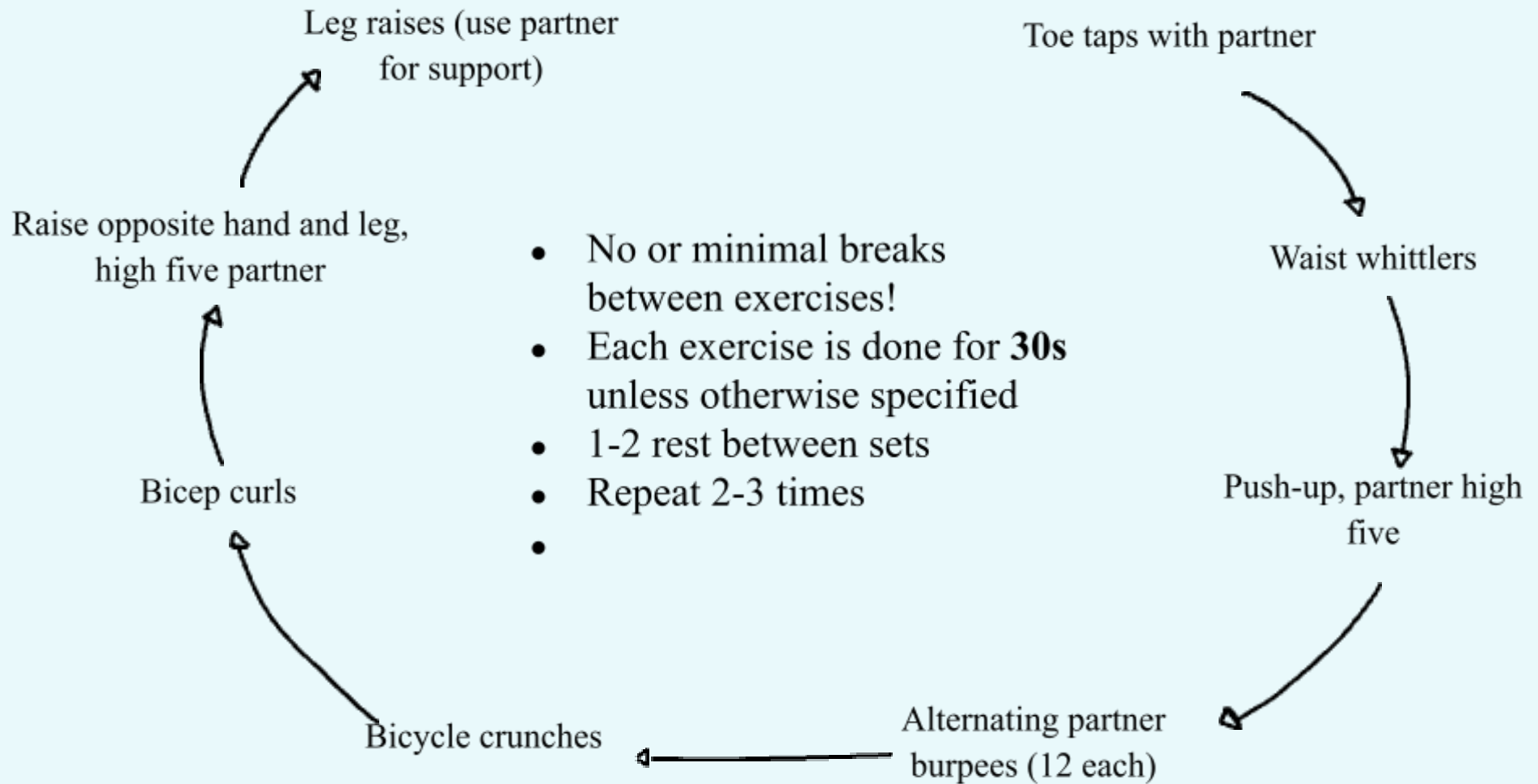
Step 5: Complete Cool-down

Warm-up:

15 min light cardio of choice (cycling, jog, stairs)

(1)

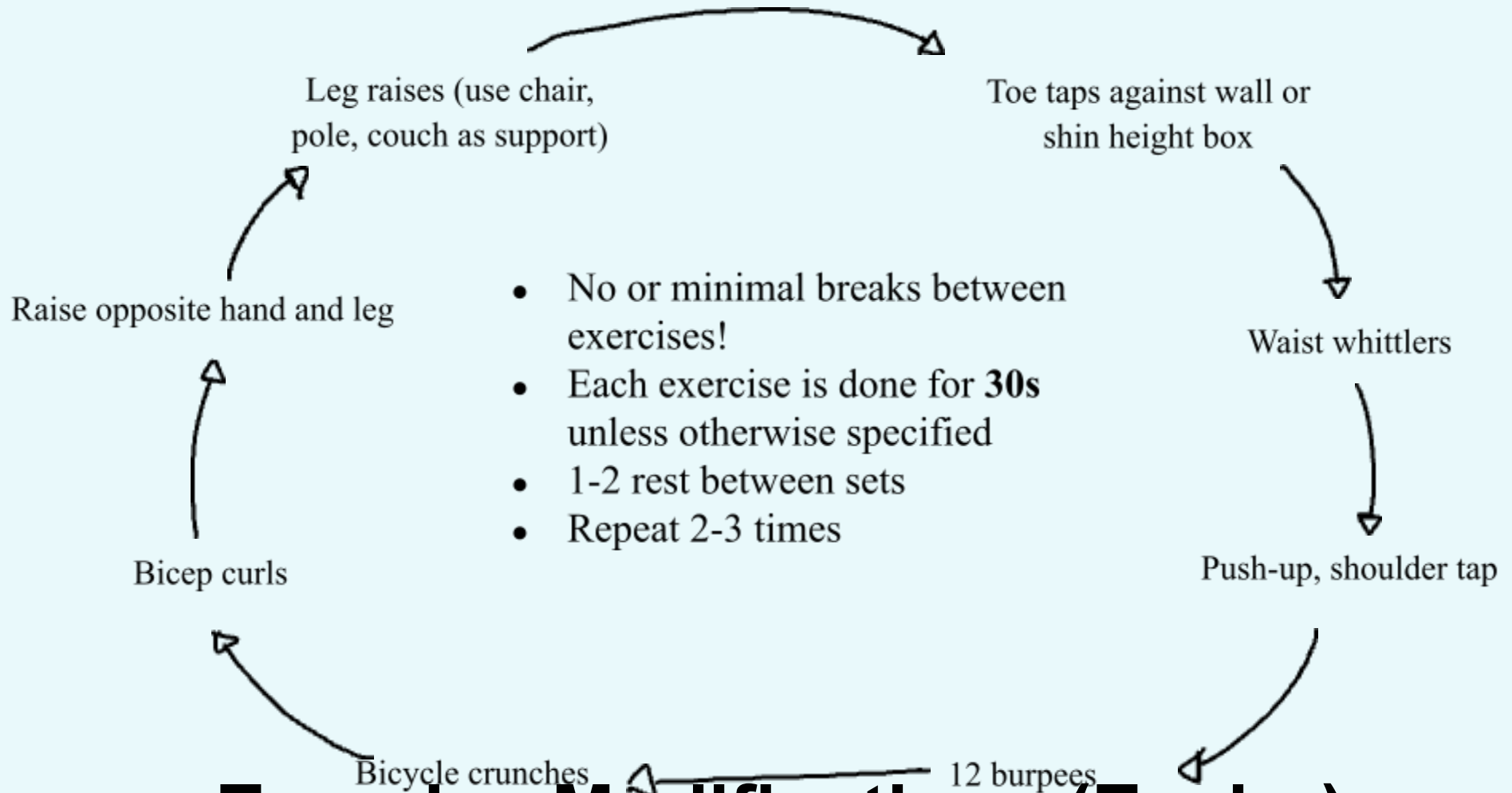




(2)

Warm-up:

15 min light cardio of choice (cycling, jog, stairs)



Exercise Modifications (Easier)

Push-Ups	Knee-push ups
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Cool-down (30s each x 2)

- Calf stretch against wall
- Biceps stretch against wall
- Cobra stretch for core