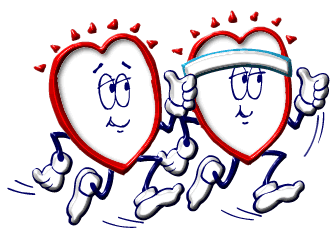
Friday 4/3 – Workout of the Day



\*\*If you are not sure how to perform one of the exercises below please click the following link, and simply type in the name of the exercise for instructions\*\*

<https://workoutlabs.com/exercise-guide/>

**Dumbbell Only Mini Circuit Workout:**

**Equipment:** Dumbbells or Water Bottles/Canned Goods

**Circuit 1 – Repeat 3x**

|  |  |  |
| --- | --- | --- |
| Exercise | Sets | Reps |
| Squat to Press | 3 | 10 |
| Curl to Lateral Press | 3 | 10 |
| Seated Upright Row | 3 | 10 |
| Row to Tricep Extension | 3 | 10 |

**Circuit 2 – Repeat 3x**

|  |  |  |
| --- | --- | --- |
| Exercise | Sets | Reps |
| Squat to Calf Raise | 3 | 10 |
| Chest Press to Fly | 3 | 10 |
| Overhead Russian Twist | 3 | 10 |

**---Stretch and Hydrate ---**

**Cardio Workout:**

Directions: 3 Circuits – 1x through each – adjust the reps if needed, enjoy!

|  |  |  |
| --- | --- | --- |
| Circuit 1 | Circuit 2 | Circuit 3 |
| 50 Jumping Jacks | 50 Jumping Jacks | 50 Jumping Jacks |
| 40 High Knees | 40 High Knees | 40 High Knees |
| 30 Mountain Climbers | 30 Mountain Climbers | 30 Mountain Climbers |
| 20 Squats | 20 Lunges | 20 Side Lunge |
| 10 Crunches | 10 Tricep Dip | 10 Bicyles |
| 5 Burpees | 5 Pushups | 5 Superman |
| :30 Plank | :30 High Plank | :30 Right and Left Plank |

-STRETCH and HYDRATE-

**Stretching Routine:**

Standing: Feet together touch toes, Right over Left, Left over Right, Feet apart (right, left, middle), quad stretch.

Seated: Feet together, Feet apart (right, left, middle), spinals, butterfly stretch