



FALL

BACK INTO IT

4

WORKOUTS TO GET YOU
FEELING MENTALLY AND
PHYSICALLY YOUR BEST



BODYWEIGHT

LOW IMPACT TRAINING

CIRCUIT 1: 2X

5 INCHWORMS

10 HIGH PLANK DOLPHINS

10 SUPERMANS

CIRCUIT 2: 4X

10 SQUATS

10 REVERSE LUNGES (EACH LEG OR IN TOTAL)

10 BEAR PLANK SHOULDER TAPS (EACH SIDE OR IN TOTAL)

CIRCUIT 3: 2X

20 GLUTE BRIDGES

20 CRUNCHES

20 DONKEY KICKS R

20 FIRE HYDRANTS L

(SECOND TIME AROUND SWITCH TO START ON L SIDE)

CIRCUIT 4: 4X

5-10 PUSHUPS

10 SUMO SQUATS

10 SUMO SQUAT PULSES

10 STEP UPS (EACH LEG OR IN TOTAL)



BODYWEIGHT & WEIGHTS

STRENGTH & LOW IMPACT TRAINING

MEDIUM WEIGHTS (8-15LBS)

CIRCUIT 1: 2X (BODYWEIGHT)

- 10 GOOD MORNINGS**
- 10 SQUATS**
- 10 LOW PLANK DOLPHINS**

CIRCUIT 2: 4X (WEIGHTS)

- 10 BICEP CURLS**
- 10 SHOULDER PRESSES**
- 10 BENT OVER ROWS**

CIRCUIT 3: 2X (BODYWEIGHT)

- 10 STEP UPS (EACH LEG OR TOTAL)**
- 10 TRICEP DIPS**
- 10 LOW PLANK ROTATING HIP DIPS (EACH SIDE OR TOTAL)**

CIRCUIT 4: 4X (WEIGHTS)

- 10 REVERSE LUNGE W/BICEP CURL (EACH SIDE OR TOTAL)**
- 10 SQUAT TO PRESSES**
- 10 RENEGADE ROWS (ON TOES OR KNEES)**



WEIGHTS

STRENGTH TRAINING

HEAVY SET OF WEIGHTS (15LBS+)

CIRCUIT 1: 2X (1 HEAVY)

10 GOBLET SQUATS

10 LATERAL LUNGES (EACH SIDE OR IN TOTAL)

10 GLUTE BRIDGES

CIRCUIT 2: 4X (SET)

10 DEADLIFTS

10 BENT OVER ROWS (ALTERNATE IF NEED BE)

10 CHEST PRESSES (ALTERNATE IF NEED BE)

CIRCUIT 3: 2X (1 HEAVY)

****KNEELING****

10 OVERHEAD TRICEP EXTENSIONS

10 SHOULDER PRESSES

10 BICEP CURLS

CIRCUIT 4: 4X (SET)

10 HAMMER PRESSES (ALTERNATE IF NEED BE)

10 QUAD ROWS (ALTERNATE)

10 FRONT SQUATS



WEIGHTS & CARDIO

STRENGTH & HIGH IMPACT TRAINING

1 HEAVY WEIGHT (15LBS+)

CIRCUIT 1: 2X (BODYWEIGHT)

10 POPCORN SQUATS

10 MOUNTAIN CLIMBERS

5 SPRAWLS

CIRCUIT 2: 4X (WEIGHT)

10 CLEANS

10 PUSH PRESSES (EACH ARM OR IN TOTAL)

10 SWINGS

CIRCUIT 3: 2X (BODYWEIGHT)

10 SPRINTERS LUNGES

10 WALKING PLANKS

5 BURPEES

CIRCUIT 4: 4X (WEIGHT)

10 SQUAT CLEANS

10 PLANK PASSES (EACH ARM OR IN TOTAL)

10 HIGH PULLS OR SNATCHES (EACH ARM OR IN TOTAL)

