

# **Circuit 6 Exercises**

**(Repeat 3x)**

# Bridging w/Hamstring Curl

10 each leg



**Position 1**



**Position 2**



**Position 3**



**Position 4**

# Prone Walking Planks

45 seconds



**Position 1**



**Position 2**



**Position 3**

# Lateral Planks w/ Single Leg Lift

25 seconds on each side



**Position 1**



**Position 2**



# Russian Twist w/Weight

30 reps total (15 each side)



**Position 1**



**Position 2**

# Lat Pull Down w/T-band

15 reps



**Position 1**



**Position 2**

# 2 Way Deltoid Fly

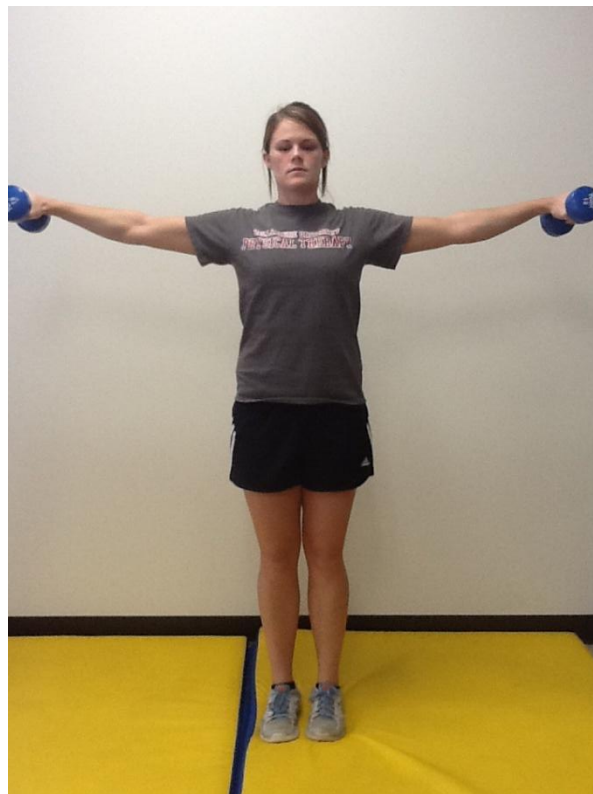
10 reps  
each way



**Position 1**



**Position 2**



**Position 3**

# Matrix Lunges w/Step

5 each  
direction  
on both  
legs



**Position 1**



**Position 2**



**Position 3**



# Wall Ball Squats

15 reps



**Position 1**



**Position 2**