

Circuit 3 Exercises

(Repeat 3x)

Quadrapped Alternating Arm/Leg Kickouts

10 reps each leg



Position 1



Position 2



Position 3

Prone Static Planks

Hold for 30 seconds



Lateral Planks

Hold for 15 seconds on each side



Russian Twists

30 reps (15 each direction)



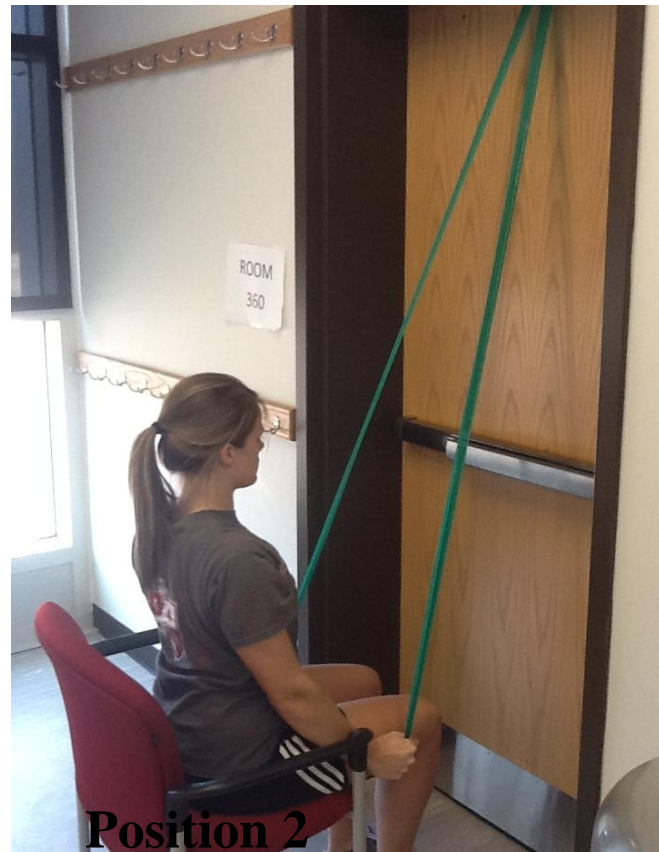
Position 1



Position 2

Lat Pull Downs w/T-band

15 reps



2 Way Deltoid Fly

10 reps each way



Position 1



Position 2



Position

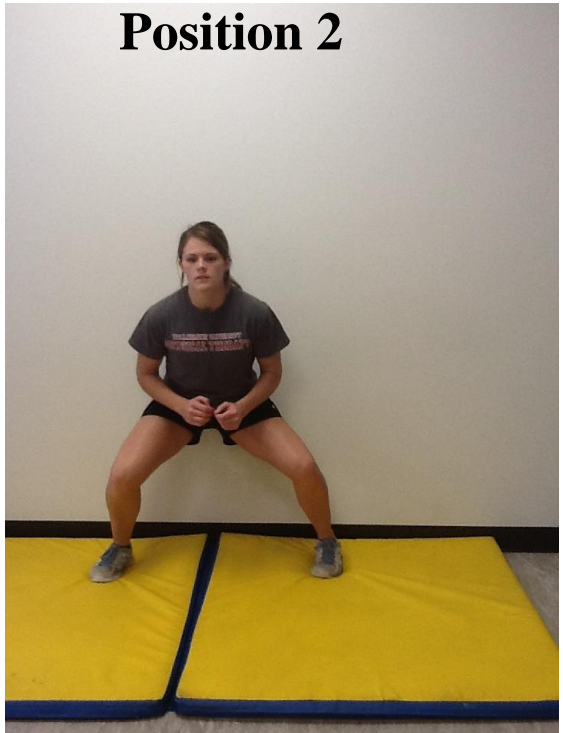
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Matrix Lunges

5 each direction on both legs



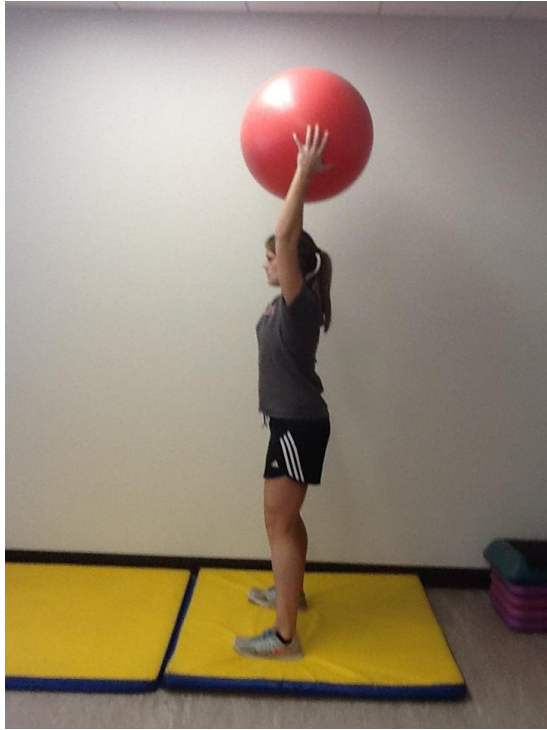
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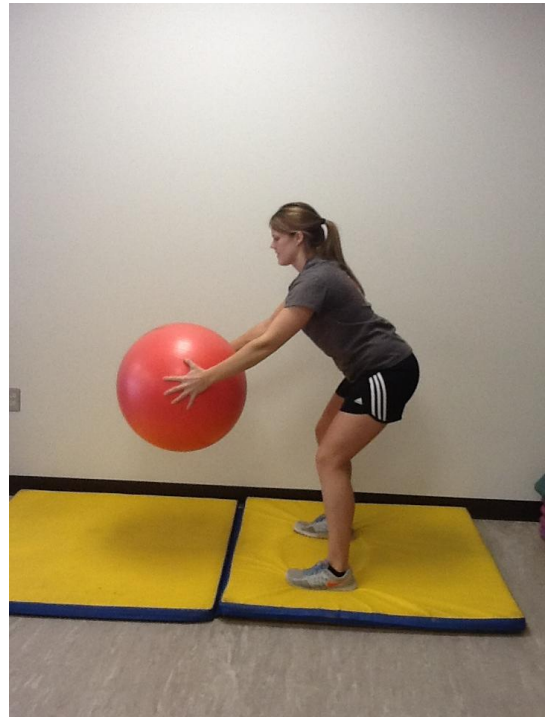
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Throwdowns

15 reps

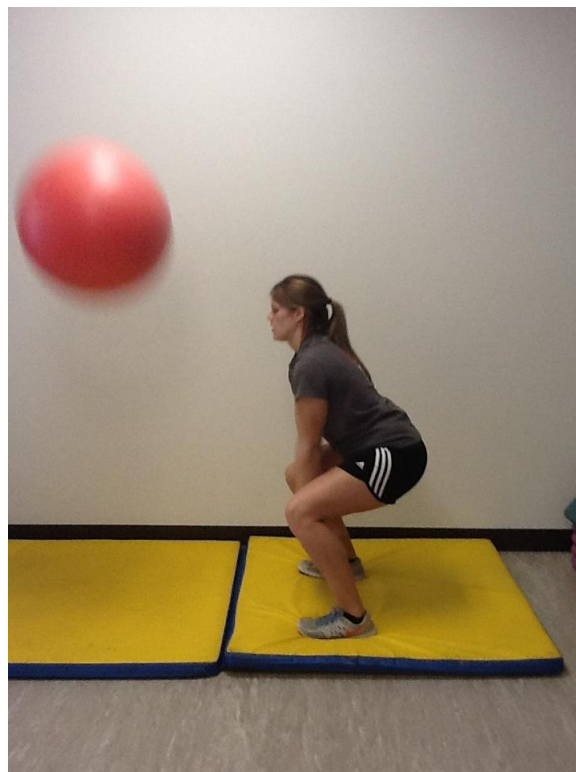


Position 1



Position 2

Position



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