

Circuit 1 – Complete 3 rounds			
Exercise	Reps	Weight Used	Comments
Dumbbell Step-up	10 each leg	Heavy dumbbells	2 nd round: switch to step-up/deadlift – alternating legs 3 rd round: switch to step-up/squat alternating legs
Walking Lunge with Reach	10 each leg	Heavy dumbbells	See description above
Switch jumps	10 each leg	n/a	
Circuit 2 – Complete 3 rounds			
Exercise	Reps	Weight Used	Comments
Fast Bulgarian Split Squat	15	n/a	Keep constant tension on quad by not coming all the way up from the movement
Single-leg hip bridge	10/10 each leg	n/a	10 full reps, 10 pulses at the top
Finish with 1 minute New Jacks (wide squat jump/close squat jump – sitting low each time)			