

STRENGTH CIRCUIT 1

you need : towel, waterbottle, chair or bench
optional : mat



Sequence : warm-up for at least 5 minutes
circuit x 2-3 for 35 min work-out
circuit x 4-5 for 50 min work-out
cooldown and stretching for at least 5 min

Every exercise is performed 10 repetitions, make sure to keep your back straight and your core engaged.
Take some rest in between but try to keep the rest under 30 secs.

