



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BODY CONDITIONING WORKOUT

EQUIPMENT: MAT, HAND WEIGHTS (LIGHT/HEAVY), TIMER (I USE THE FREE INTERVAL TIMER APP)

SET TIMER: 45 SEC ON/15 SEC BREAK. COMPLETE EACH EXERCISE IN THE CIRCUIT 2 OR 3 TIMES.

**BE SURE TO WARM UP BEFORE COMPLETING THIS WORKOUT.

CIRCUIT 1:

1. REGULAR SQUATS (OPTION TO ADD BICEP CURLS)
2. NARROW SQUAT (OPTION TO ADD HAMMER CURLS)
3. GOBLET SQUATS WITH 1 HAND WEIGHT

CIRCUIT 2:

1. HIP HINGE WITH A WIDE ROW
2. ALTERNATE BENT OVER ROW, REVERSE FLY
3. NARROW SQUAT, CIRCLE 1 HAND WEIGHT AROUND HEAD, ALTERNATE DIRECTIONS

CIRCUIT 3:

1. CHEST PRESS (OPTION TO ADD LEG LIFTS)
2. CHEST FLY (OPTION TO LIFT INTO A HIP BRIDGE)
3. PUSHUPS- 1 PUSHUP AND DRAG 1 HAND WEIGHT ACROSS

CIRCUIT 4:

1. REAR LUNGE LEFT SIDE
2. REAR LUNGE RIGHT SIDE
3. ALTERNATING FORWARD LUNGES WITH 1 HAND WEIGHT SHOULDER PRESS IN BETWEEN

CIRCUIT 5:

1. BICEP CURLS (OPTION TO BALANCE ON ONE FOOT)
2. WIDE BICEP CURLS
3. SQUAT HOLD WITH 1 HAND WEIGHT ALTERNATING BICEP CURL AND FORWARD RAISE

CIRCUIT 6:

1. SKULL CRUSHERS
2. TRICEP KICKBACKS
3. OVERHEAD EXTENSIONS WITH 1 HAND WEIGHT

CIRCUIT 7:

1. FORWARD RAISES
2. MILITARY PRESS
3. SQUAT PRESS WITH 1 HAND WEIGHT

CIRCUIT 8:

1. BICYCLE CRUNCHES
2. HEEL TOUCHERS
3. RUSSIAN TWIST WITH 1 HAND WEIGHT

**COOL DOWN

TOTAL TIME:

EACH CIRCUIT WILL TAKE 6 MINUTES TO COMPLETE (2 TIMES THROUGH) OR 9 MINUTES TO COMPLETE (3 TIMES THROUGH).

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We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.