

Workout Instructions

This circuit I created specifically to be quick and effective. It should only take 20 minutes and can be performed 3 x week. As you progress you can increase the difficulty of the moves and probably introduce some intervals. Start off on a treadmill or walk outside as a warm-up, then hit each exercise in order for the given number of reps with as little rest as possible between exercises. Rest for 2-3 minutes between circuits. Try to complete the circuit 2-3 times in the first week, then add another circuit whenever possible up to 6 total circuits.

Please feel free to contact me with any questions.

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LEGS - DB SHOULDER PRESS SQUAT

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Grip a dumbbell in each hand near your shoulder, with elbows bent and palms turned away from you. Lower yourself down so that both of your knees have a 90-degree bend in them. Movement: Exhale as you press yourself up into a standing position and press the dumbbells up above your head until your arms have just a slight bend in them. Inhale as you lower yourself back down to the starting position. Repeat as required.

Notes:
Do this as one smooth motion.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		8

Custom - BENCH PUSH UP

Image 1 - Start



Image 2 - End



Start in a table top position with your hands on the bench. Make sure that your neck and back are straight, your hips and abs are tight, and your shoulders in line with your wrists. Lower your body down to the ground until your elbows are at a 90 degree angle. While maintaining a straight back and good posture, Push yourself back up to the starting position and repeat.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

LEGS - WALKING LUNGES

Image 1 - Start



Image 2 - End



Starting Position: - Assume a standing position with your feet slightly less than shoulder width apart. Grasp a barbell with a wider than shoulder width grip and place it across your shoulders. Movement: - Inhale, keeping your back vertical and slightly arched, slowly step forward with one leg making a long stride, lowering your body down and forward until your rear knee lightly touches the floor. Exhale, shifting your weight forwards, bringing your back leg next to your front leg. Inhale, and lunge forward with your back leg. Repeat as required.

Notes:
Use no weight to start and keep your hands on your hips. Reps listed are for each leg.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	10		0

BACK - BALL PRONE DB ROW

Image 1 - Start



Image 2 - End



Starting Position: - Lie with your stomach on an exercise ball and grip a dumbbell in each hand. Allow your arms to hang down in front of you palms facing the ball. Movement: - Exhale as you bend your elbows and pull the dumbbells up towards your outer chest. Pause briefly with the dumbbells held against your chest. Inhale as the weight is slowly lowered to the starting position. Repeat as required.

<u>Set Name</u>	<u>Reps / Time</u>	at	<u>Weight / Level</u>
Set 1	12		8

ABS - BALL CRUNCHES

Image 1 - Start



Image 2 - End



Starting Position: - Lie with your upper back on an exercise ball and your feet flat on the floor. Place your hands behind your head. Movement: - Exhale as you crunch your upper body off the ball. Pause for a moment in the contracted position. Inhale as you return back down to the starting position. Repeat as required.

Notes:

Try to stretch a bit deeper in the back position than in shown. Also you can add resistance by holding a DB extended past your head. Keep your arm beside your ears. 15-25 lbs should be plenty.

Set Name

Set 1

Reps / Time

15

at

Weight / Level

0