

# WEEKS 1 & 3

## Wednesday

### CIRCUIT ONE

Mountain Climber

30 reps (15 per side)



Bent Leg Raise

15 reps



Lay Down Push Up

10 reps



Ab Bike

30 reps (15 per side)



### CIRCUIT TWO

Snap Jump

15 reps



Russian Twist

24 reps (12 per side)



Incline Push Up

15 reps



Tricep Dip

15 reps



## ARMS & ABS