

EXERCISE

30
MINS

CIRCUIT #3: LOWER BODY



CLICK TO WATCH CIRCUIT #3

There are 3 parts to each circuit. Circuit the exercises one after the other with no rest in between. Complete the number of sets in each part before moving on.

PART #1: PERFORM 5 COMPLETE SETS

OLYMPIC BAR SQUAT



ACTION: Place Olympic bar (no weight loaded on it) on shoulders behind neck. Lower into a squat position. Strive to keep your thighs parallel to the ground at the low end of your squat.

I like to put a bench behind me and lower my butt down to just barely kiss the bench with each squat.

EQUIPMENT: OLYMPIC BAR | **WEIGHT:** JUST BAR | **REPS:** 15

EXERCISE

KETTLEBELL SWINGS**



ACTION: Stand with feet slightly more than shoulder width apart and toes pointing straight ahead. Eyes are looking forward. Grasp kettlebell (or dumbbell or plate) tightly with arms down. Tighten core. Squeeze glutes while thrusting hips forward and swing weight forward. Go back to start position allowing weight to pass between your legs as you complete the swinging motion. Get ready to repeat the upward swing by ensuring tight core, abs and glutes. ** Use a dumbbell or weight plate with holes in it if you don't have a kettlebell.

This is a fabulous fat-incinerating exercise. It requires numerous muscles to work in a coordinated fashion and you have the explosive thrusting motion of the glutes driving the weight forward as you perform the exercise. You will be amazed at how cardiovascularly challenged you will feel afterwards.

EQUIPMENT: 1 KETTLEBELL OR PLATE

WEIGHT: 10-15 LBS. | **REPS:** 15



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CIRCUIT #3 cont...

PART #2: PERFORM 5 COMPLETE SETS

SKATER LUNGES WITH MEDICINE BALL



ACTION: Start by standing on the right foot with the left leg bent and crossed behind you. Hold the ball in both hands to right side, obliques twisted. Leading with the left leg, leap laterally to the left while twisting your torso and arms to the left side.

Land on the left foot and squat down deeply. Once foot lands jump back across as far as possible to the right, bending deeply and twisting your torso with arms holding the ball to the right. One rep is completed every time you lunge left + right.

EQUIPMENT: MEDICINE BALL | **WEIGHT:** 5 LBS. | **REPS:** 20

SUPINE BRIDGES*



ACTION: Lie down on the floor on your back. Draw knees up keeping feet planted firmly on the floor, hip width apart. Tighten core and squeeze glutes to raise the hips off the ground.

EXERCISE

Hold for a count of three and lower. Repeat for 20 counts. Hold hips high on last count and perform 20 fast pulses or squeezes of the glutes. Return hips to floor. * *Make the move harder: place a weight plate on your abdomen and perform the movement. Advanced: Place feet on medicine ball and perform same move. This challenges the inner thighs and hamstrings. Very challenging!*

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** AS ABOVE

PART #3: PERFORM 4 COMPLETE SETS OF ABS

SUPINE TOE TAPS



ACTION: Lie on the floor on your back. Lift legs to 90 degrees, bending at the knees. Engage lower abs by drawing belly button to floor. Arms are palms down by your side. Keeping abs engaged lower right toe slowly to the floor and back. Alternate with left leg and repeat.

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** 20 PER SIDE

30
MINS

CIRCUIT #3 cont...

REVERSE CRUNCH*



ACTION: Rest on your back on a flat bench with your feet on the floor. Grip bench with hands at either side of your ears. Tighten core and slowly raise legs to upright position. Lift legs and glutes from bench with control. Hold for a two count. Lower legs to floor but do not rest feet on floor. Try to keep your legs straight - as you get stronger this will get easier. Keep core engaged and repeat reverse crunches. ** Make the move harder: Attach soft ankle weights to your ankles and perform the move.*

EQUIPMENT: FLAT BENCH | **WEIGHT:** NONE | **REPS:** 10



TWISTING V-SITS*

ACTION: Sit on the floor. Hold a medicine ball in your hands. lift your legs keeping them straight to create a V position with your body and engage core to hold them there. Twist to the left and right, keeping legs in high V position.

EXERCISE

hold weighted medicine ball and as you twist far left and far right, touch ball to ground too.

**Make the move easier: Bend your knees and do not use a medicine ball.*

EQUIPMENT: 1 MEDICINE BALL

WEIGHT: 5-8 LB. MED BALL | **REPS:** 15 PER SIDE

PLANKS



ACTION: Place hands flat on floor beneath shoulders and place feet straight out behind you as if you were going to do a push-up. Remain in plank position with engaged, tightened abdominal

core and butt in line with rest of body. Hold for up to 60 seconds, longer if you can!

EQUIPMENT: NONE | **WEIGHT:** NONE | **REPS:** 1

CONGRATULATIONS! THAT COMPLETES CIRCUIT #3!