



General Prep Workout 1

Complete each exercise of a circuit in a row, complete all sets of a circuit before moving on to the next. Always finish the workout with the Recovery exercises. Use weights that are challenging but allow you to complete each set. Finish the workout without taking any rest between exercises or circuits. Videos of each exercise can be viewed by clicking the name of the exercise.

Circuit 1	
Front Squat	Video
DB JM Press	Video
Alternating V Up	Video
Body Weight Squats	Video

Circuit 2	
DB Bench	Video
DB RDL	Video
DB Twist Row	Video
Bike Sprint	Video

Circuit 3	
Piston Squat	Video
DB Curl to Press	Video
U Abs	Video
Body Weight Squats	Video

Choose Level of Difficulty

2 sets x 14 reps

Choose Conditioning Time

20 seconds

Circuit 4	
Goblet Squat	Video
Lat Pull Down	Video
OH Lat Raise	Video
Bike Sprint	Video

Circuit 5	
Push Up	Video
Ball Leg Curl	Video
Cobra	Video
Body Weight Squats	Video

Recovery	
Chest Stretch	Video
Laying Hip Diagonals	Video
Squatting Lat Stretch	Video
RFE Stretch	Video

