



General Prep Workout 2

Select the desired level of difficulty and conditioning time from the drop down lists, then complete all sets of a circuit before moving on to the next. You can change the exercises using the drop down lists in each cell. Always finish with the Recovery exercises. Finish the workout without taking rest between circuits. Videos of each exercise can be viewed by clicking the cell next to the exercise.

Choose Level of Difficulty

3 sets x 12 reps

Choose Conditioning Time

25 seconds

Circuit 1	
RDL	<small>Click Here</small>
DB Shoulder Press	<small>Click Here</small>
Russian Twist	<small>Click Here</small>
Bike Sprint	<small>Click Here</small>

Circuit 4	
Goblet Squat	<small>Click Here</small>
DB Twist Row	<small>Click Here</small>
DB Incline Fly	<small>Click Here</small>
Body Weight Squats	<small>Click Here</small>

Circuit 2	
Bench Press	<small>Click Here</small>
Piston Squat	<small>Click Here</small>
Lat Pull Down	<small>Click Here</small>
Body Weight Squats	<small>Click Here</small>

Circuit 5	
Push Up	<small>Click Here</small>
Bent Knee Bench Lift	<small>Click Here</small>
Alternating V Up	<small>Click Here</small>
Bike Sprint	<small>Click Here</small>

Circuit 3	
Glute Ham Bar Lift	<small>Click Here</small>
Bell Up Shoulder Press	<small>Click Here</small>
Frogs	<small>Click Here</small>
Bike Sprint	<small>Click Here</small>

Recovery	
Chest Stretch	<small>Click Here</small>
Laying Hip Diagonals	<small>Click Here</small>
Squatting Lat Stretch	<small>Click Here</small>
RFE Stretch	<small>Click Here</small>

