



Name : Circuit Program 5-Total Body Interval Workout

Date : 29-9-2020

Consultant : Lisa Niglia

Squats				Cardio Junping Lunge				Push Ups				Sit Ups			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
1	30			1	20			1	10			1	20		
Lateral Hops side to side				Tricep Dips off step				skis				1min Plank Hold			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
X2	30			X2	10			X2	20			X2	1min		
Jump Squats				Alt leg kicks				Jumping Jack Stars				Up/down planks alt arms			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
X3	30			X3	1min			X3	20			X3	10		