



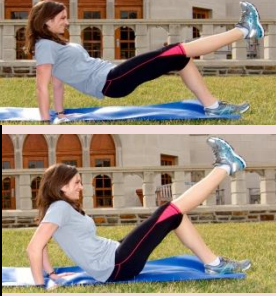








SWEAT: Simple, Without Equipment All-body Training (Advanced)

TIME	CIRCUIT 1	CIRCUIT 2	CIRCUIT 3	CIRCUIT 4	CIRCUIT 5	
2 MINUTES	CARDIO 0:30	 JUMP ROPE	 CIRCLE RUNS	 SKATERS	 JACKS	 ZOMBIE KICK
		UPPER 0:30	 PUSH UPS	 HIGH-ROWS	 WINDMILLS	 CRAB DIPS
LOWER 0:30	 LEG CIRCLES		0:30 RECOVERY	 REPEATERS 4X	0:30 RECOVERY	 BRIDGE
	 DOLPHIN PIKE	 DEAD LIFTS		 SIDE PLANK		 BICYCLES
CORE 0:30	 REVERSE CRUNCH	0:30 RECOVERY		0:30 RECOVERY		 2 MINUTE RECOVERY. REPEAT CIRCUIT UP TO 3 TIMES