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

**CIRCUIT 1**
- CARDIO: JUMP ROPE

**CIRCUIT 2**
- UPPER: CIRCLE RUNS
- LOWER: DEAD LIFTS
- CORE: DOLPHIN PIKE

**CIRCUIT 3**
- UPPER: SKATERS
- LOWER: DEATH LIFTS
- CORE: REVERSE CRUNCH

**CIRCUIT 4**
- UPPER: JACKS
- LOWER: REPEATERS 4X
- CORE: SIDE PLANK

**CIRCUIT 5**
- UPPER: ZOMBIE KICK
- LOWER: BRIDGE
- CORE: BICYCLES

**TIME**
- 0:30 RECOVERY
- 2 MINUTES
- 2 MINUTE RECOVERY. REPEAT CIRCUIT UP TO 3 TIMES