

Circuit Total body with Leg Emphasis

Warm up 5 mins.

All exercises are 12 reps no rest between and 2 or 3 times through circuit with 3 mins rest between each time through. Cardio is separate.

1. Front Squat – dumbbells
2. Leg Extensions
3. Leg Curls
4. Decline Bench Press
5. Romanian Dead lift
6. Dumbbell Curls
7. Overhead French Press
8. Abs – your choice - 20 reps

NO CARDIO!! 😊