

URBANFIT

No Messing Around Fat Burning Circuit

Start with 5 minutes of cardio – run, elliptical, skipping, stairs to start sweating

- 1) Reverse lunge twist with 10lb or greater dumbbell or medicine ball
12 each leg
- 2) Plank with renegade row with 10 lb or greater dumbbell
12 each side
- 3) Squat with rope cable row or towel row with partner with at least 50lbs
12-15
- 4) 12 burpies
- 5) Side plank with lateral raise 3lb or greater dumbbell
12-15 each side
- 6) Single leg squat with 10lb or greater dumbbell
12 each leg
- 7) 2 minutes all out cardio burnout – running, flashdance, knees up, skip rope, jumping jacks. You choose

Repeat 1 – 7 two more times

If you don't know what any of the above is, maybe it's time to book and session and find out!