



Short Circuit – August 11th

Complete 8 repetitions (per side) and 3-4 rounds of each exercise.

(See next page for exercise photos):

**Reverse Lunge
Renegade Row
Kettle Bell Swing
Front Raise
Kinesis Reverse Fly**

* Complete 8 repetitions for *both sides*

For exercise descriptions, click [here](#) to go to our Movement of the Week page.



Reverse Lunge



Renegade Push Up



Kettle Bell Swing



Front Raise



Kinesis Reverse Fly

