



Short Circuit - February 1

**Complete 8 repetitions of each exercise
(See next page for exercise photos):**

Single Leg Balance with Ball Pass*

Curtsy Squat*

Dumbbell Reverse Flye

Woodchoppers (with medicine ball or dumbbell)*

Inch Worms

Bicep Curl and Overhead Press

Side Lunge*

Burpees

* Complete 8 repetitions for *both sides*

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





Single Leg Balance with Ball Pass



Curtsy Squat



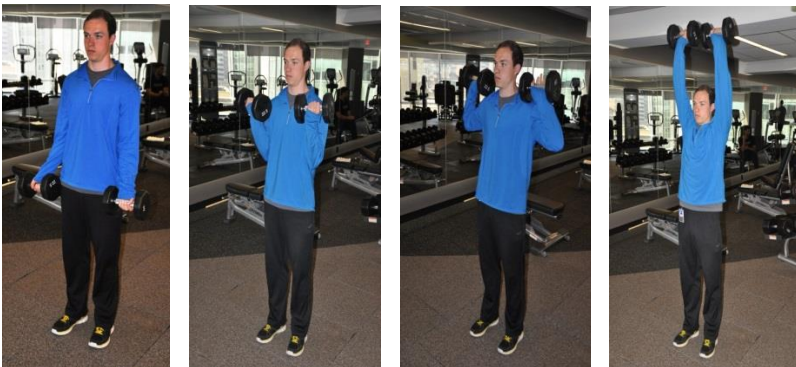
Dumbbell Reverse Flye



Woodchoppers



Inch Worms



Bicep Curl and Overhead Press



Side Lunge*



Burpees