



Short Circuit – February 15

With the passing of the Chinese Lunar New Year, we are going to celebrate the year of 2016.

FORMAT

For all rounds complete Set 1, Exercise: A & B, then Set 2: A & B, then Set 3: A & B

First Round:

Complete 20 reps of Exercise A and 16 reps of Exercise B

Second Round:

Complete 16 reps of Exercise A and 20 reps of Exercise B

Third Round (optional):

Complete each pair of exercises, choose which one (A or B) you will do 20 reps and which you will do 16 reps

	<u>Exercise A</u>	<u>Exercise B</u>
Pair 1:	Push-Ups	Walking Lunge
Pair 2:	Lat Pulldown	Goblet Squat
Pair 3:	Deadbug	Speed Skater

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

