



## **Short Circuit – July 13<sup>th</sup>**

**Complete 3 rounds as fast as you can with proper form and safety in mind :**

### **Lower Body**

1. Lunges x 10 (Each Side)
2. Glute Bridge x10
3. Monster Walks x15

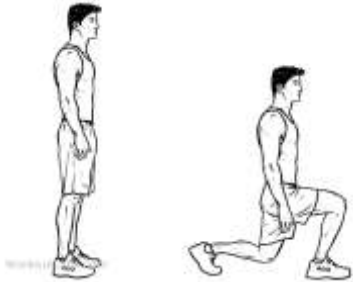
### **Upper Body**

1. Inch Worm x10
2. Front Squat and Press x 10
3. Ankle Taps x 15 (Each Side)



## Lower Body

**Lunge**



**Hamstring Ball Curl**



**Monster Walk**



## Upper Body

**Inch Worm**



**Front Squat and Press**



**Ankle Taps**

