



## Short Circuit – June 13, 2016

**Complete 2 Rounds of 30 seconds of each exercise  
(30 seconds recovery)**

- 1- Goblet Squat
- 2- Push up and Row (Renegade)
- 3- Hamstring Ball Curl
- 4- Lateral Raise
- 5- Speed Skaters
- 6- Toe Touches
- 7- Plank on Ball
- 8- Fast Feet

*\*\*2 min recovery before round 2*