



## **Short Circuit – March 14: Countdown**

**Complete 10 repetitions of each exercise.  
Then complete 9 repetitions of each exercise,  
and then 8 repetitions of each exercise.  
Then 7 repetitions of each exercise,  
and 6 repetitions of each exercise,  
then 5, then 4, 3, 2, and finally,  
complete 1 repetition of each exercise.**

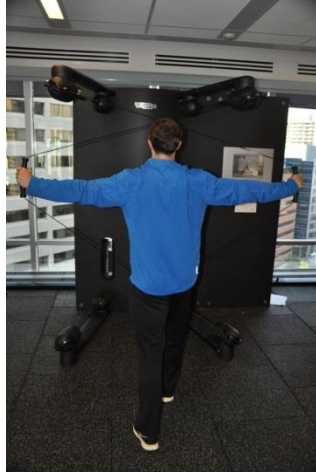
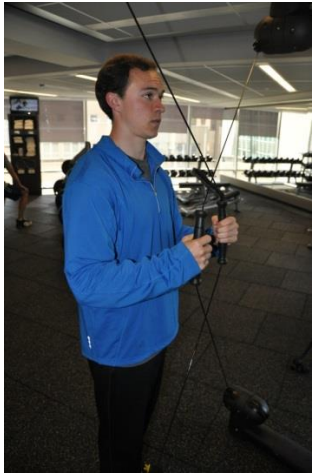
**Lying DB Pullover  
Reverse Flye (Kinesis)  
Stability Ball Shoulder Press  
Oblique Ball Crunch (both sides)  
Glute Bridge**

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

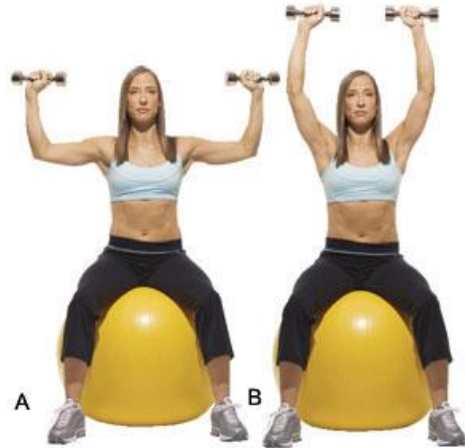
## Lying DB Pullover



## Reverse Flye (Kinesis)



## Stability Ball Shoulder Press



## Oblique Ball Crunch



## Glute Bridge