



Short Circuit – May 31st

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

Pushup with ball pass

Curtsy Squat*

Dumbbell Reverse Fly

Reverse Crunch

Inch Worms

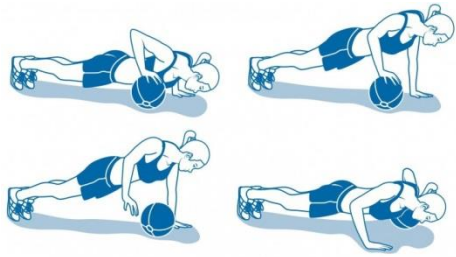
Bicep Curl and Overhead Press

Side Lunge*

* Complete 8 repetitions for *both sides*

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





Push Up with Med Ball



Curtsy Squat



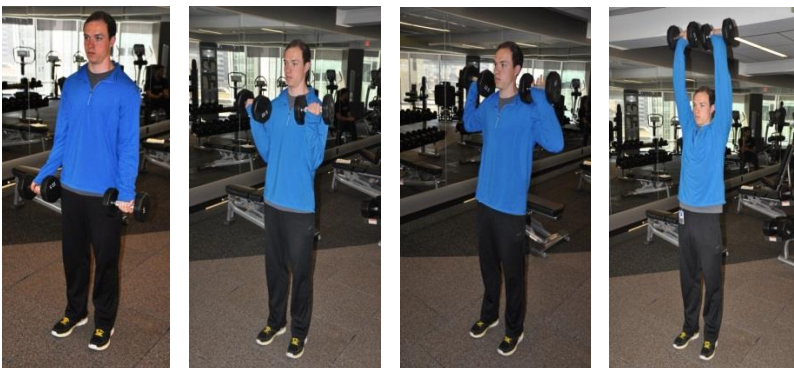
Dumbbell Reverse Flye



Reverse Crunch



Inch Worms



Bicep Curl and Overhead Press



Side Lunge