

## 3 MINUTES ROUNDS CIRCUIT

This is a hardcore circuit that I have been doing with my ladies in the mornings and they are pretty much dead when we are finished so be prepared to work hard. You can expect to burn close to 1000 cal in this workout

### **10 Minute Warm-up:**

Spin bike intervals – 20 second sprint alternating with 20 seconds recovery.

Each of the following sets is done for 3 minutes.

Go from one set to the next without rest.

### **SET ONE:**

10 Push-ups / 10 Sit-ups

### **SET TWO:**

10 Bench Step-ups (using weight bench) / 20 Bench Squats (your butt touches the bench each rep)

### **SET THREE:**

Run on the treadmill on an incline of 4%

### **SET FOUR:**

10 Squat Press / 10 Lunges each leg

### **SET FIVE:**

10 Dips / 20 Squat Kicks (squat and do a front kick at the top of the movement changing legs for each kick)

### **SET SIX:**

Run on the treadmill on an incline of 4%

Cool down by spinning or walking for 5 minutes