



Thrive Without Limits

FULL BODY WORKOUT

CIRCUIT: 8 minute AMRAP

- Goblet Squat : 8R
- DB Thrusters : 8R (pause at top of rep)
- EZ bar bent over row : 8R (supinated grip)
- DB Reverse Lunge : 12R (alternating legs)

INTERVAL: Rower : 2 min

CIRCUIT: 8 minute AMRAP

- In & Out Bicep Curls : 10R KB/DB Swing : 8R
- DB Chest Press : 12R (alternating arms – legs in a 90/90 ab hold)
- Cable tricep extension : 8R

INTERVAL: Rower : 2 minutes

CIRCUIT: 3x, 30 seconds ON, 15-30 seconds OFF

- Wall sit leg extensions (alternating legs, lower back pressed into the wall)
- 90/90 hold
- Dead bug toe taps
- Plank

KEY:

DB: Dumbbells

KB: Kettlebell

SA: Single Arm

SL: Single Leg

AMRAP: As Many Reps As Possible

EMOM: Every Minute on the Minute

Triple Drop Set:

Doing a Set of 3 Consecutively,
Each Time Dropping the Weight

HE: Heels Elevated

SB: Sandbag

MB: Medicine Ball

DISCLAIMER:

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise program.