

Full Body Power Circuit



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Full Body Power Circuit

Warm Up

- **Bodyweight squats x10**
- **Banded pass through x10**
- **Hip openers x10 each side**
- **Glute bridges x15**
- **Deadbugs x10 each side**

Circuit 3 Rounds

- **Dumbbell Thruster x 8-10**
- **Deadlift High Pull x 12-15**
- **Bridged Floor Press x 8-10**
- **Renegade Row x12 each side**
- **Alternating DB Reverse Lunge x 8-10 each side**
- **Dumbbell Sumo Squat x 12-15**

Finisher 3 Minutes Continuous

- **5 goblet squats**
- **5 push presses**
- **5 bent-over rows**