










For the L.O.V.E of Fitness

Choose an appropriate level of difficulty / intensity.

Complete each exercise 12x with minimal rest in between.

Repeat circuit 3-4x

Exercise	Level 1	Level 2
<p>Lunge</p>	<p>Static Lunge (repeat reps all on one leg before switching sides)</p> 	<p>Alternating Lunges with Balance (lunge forward, balance knee up, reverse lunge, balance knee up, repeat all reps on same leg before switching sides)</p> 
<p>Overhead Press</p>	<p>Overhead Press</p> 	<p>Overhead (Arnold) Press</p> 
<p>V-sit Curl</p>	<p>V-Sit (heels down) with Bicep Curl *keeping a straight back</p> 	<p>V-Sit (feet up) with Bicep Curl *keeping a straight back</p> 
<p>Extension</p>	<p>Hip & Tricep Extension (complete a hip thrust and DB skullcrusher together)</p> 	<p>Hip & Tricep Extension-Single Leg (complete a single leg hip bridge and DB skull crusher together)</p>

