12 Days of FITMAS

DAY 6

Print & go!

Workout Notes:

- Do all five exercises as a circuit with no rest, once you finish the 5th exercise you can then rest for 45 -60 secs and then start again.
- Find a weight that's challenging, but still allows you to finish all reps

DO 5 ROUNDS

15x (Each Side)x Dumbbell Lunge to Squat

15 x (Each Side) Dumbbell Single Arm Clean & Press

18x Tuck Jumps

15x (Each Side) Dumbbell Bulgarian Deadlift

30 Crunches

REST FOR 45-60 SECS

PS- If you have Pelvic Floor issues, Diastasis recti, or are less than 3 months postpartum, you should use the Low impact and Low-Pressure modifications offered in the video.

TuckJumps ->Low Impact Alternating Hand and Knee
Crunches ->30 (Each Side) Single Leg March - Low Pressure

YOU CAN SEE A VIDEO OF THE CIRCUIT BY CLICKING HERE