

Full Body Circuit Workout

Workout of the month: November

Each exercise should be done for 45 seconds, with 15 seconds to rest and transition to the next exercise. There are free timer apps that you can download to set so you don't have to watch a clock. Interval Timer is a good free one.

1. Squat + Overhead Press
2. Plank (option is to advance to Mt. Climbers)
3. Plie Squat + Bicep Curls
4. Deadlifts + Upright Row
5. Reverse Lunge + Front & Side Raises
6. Triceps Dips (or Triceps Kickbacks)

Squat + Overhead Press



Hold one dumbbell (8-12 lbs.) at your chest (one hand on each end). Feet should be slightly outside hip width, with toes tracking outward slightly as well. Sit back into the squat, then as you press back up, press the dumbbell overhead, keep the weight overhead or slightly in front of you. Squeeze your glutes as you stand without locking your knee joints.

Plank



Can either do this with hands on the ground, or elbows on the ground (see photos). Make sure your shoulders are right above your hands, or above elbow joint if doing a low plank. Hold tension through your core muscles down into your glutes, keeping your neck in neutral alignment with the rest of your spine.

Plie Squat + Bicep Curls

STEP 1



STEP 2



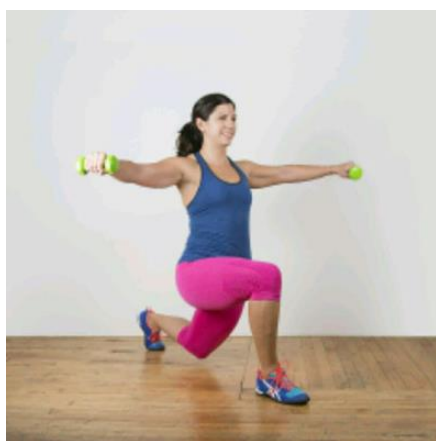
Take a wide stance with toes tracking outward. This squat will target the inner thighs, but your stance must be wide enough. As you squat down, bring up weights for the bicep curl. As you stand back up, squeeze your glutes and lower arms back down. You can also do a side-stepping squat with a resistance band if that is more comfortable—hold arms at a 90-degree angle so you are doing a static curl while doing the side-stepping squat (stay low).

Deadlift + Upright Row



Stand with feet about hip-width apart, keeping knees soft. Hold the weights in front of your thighs. Roll your shoulders back, then while keeping a flat back and shoulders back, push your hips and butt back and bend your knees slightly. This isn't a squat, so you won't be bending your knees much (see pictures). As you slowly stand back up, squeeze your glutes and pull your arms up your body for the upright row. Hands should end at the armpits, with elbows in line with your shoulders. Keep shoulders down and relaxed.

Reverse Lunge + Front/Side Raises



Holding weights at your side, step one foot backward so that your back knee is at a right angle lined up under your hip (see picture below). Weight should be back in the front heel, not forward in the toe. As you lower down, raise your arms to the side for the raise. Pressing through your front heel, stand up and move back to the starting position. Switch legs, and this time, bring arms into a forward raise. Weights should not go above shoulder height for both front and side raises. If the raises are too much, simply hold the weights at your side as you lunge, or don't use weights at all.

Tricep Dips and Kickbacks (option)



For dips, keep shoulders above wrists, and bend knees at a right angle. You can do this on a chair or bench, or on the floor. Another option is to do triceps kickbacks. Bend at the knees and hinge forward at the hips, keeping your back straight. Pull upper arms so they are parallel to the ground, then press your forearms backward.