

30 minute full body circuit

1. Squats

Body weight or light weight in each hand, pushing your hips back, transfer weight to your heels.

Reps: 15



2. Press Ups

Modify by using knees or create a decline platform where you can perform the movement standing on an angle.

Reps: 15



Top tip – To protect your shoulder joint your press up should look Image A, not Image B.



Image A



Image B

3. Reverse Lunges

Alternate legs each repetition.

Reps: 16-20 (8-10 each side)



4. Superman Reverse Flies

Lying face down, arms out to your side, raise chest off the floor and attempt to flap your arm like a bird retracting your shoulder blades.

Reps: 15



5. Lunges

Reps: 16-20 (8-10 each side)

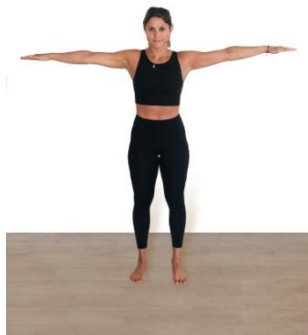


6. Lateral Arm Circles

Standing arms out to your side, make small circles with your fingertips.

30 seconds clockwise

30 seconds counterclockwise



7. Single Deadlift

Reps: 16-20 (8-10 each side)



8. Superman Reverse Flies

Lying face down, arms out to your side, raise chest off the floor and attempt to flap your arm like a bird retracting your shoulder blades.

Reps: 15

