

GET "LEAN"

WORKOUT #3

Set your timer for 10 minutes.

Complete as many rounds as possible of the following:

[INCHWORM WITH PUSH UP](#) x10 reps

[KNEELING ONE ARM ROW](#) x10 reps ea. side

[DB L RAISE](#) x10 reps (5 ea. way)

[DB SHOULDER PRESS](#) x10 reps

Set your timer for 10 minutes.

Complete as many rounds as possible of the following:

[NEW JACKS](#) x20 reps (10 jumps in, 10 jumps out)

[BULGARIAN SPLIT SQUATS](#) x10 reps ea. side

[SQUAT WITH DB PRESS OUT](#) x15 reps

[WALL SIT](#) x30 sec.

Click the exercise name to be sent over to a YouTube video of me performing each exercise!

For reference: I was able to complete 4 rounds of circuit one & 3 rounds of circuit two.

MODIFICATIONS

Inchworm with push ups >> Inchworm (take push ups out)

You can take the jump out of the new jacks / step in and out of them instead.

Bulgarian split squats >> Static lunges

Squat w/DB press out >> DB Front Squat

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