

## CIRCUIT ONE - 7 MINUTES

Rebound Lunge

20 REPS  
10 PER SIDE



Lay-Down Push-Up

15 REPS



X-Mountain Climber

30 REPS  
15 PER SIDE



Straight-Leg Raise

15 REPS



## CIRCUIT TWO - 7 MINUTES

Bench Jump

15 REPS



Tricep Dip

15 REPS



Commando

24 REPS  
12 PER SIDE



Single-Leg Ab Bike

24 REPS  
12 PER SIDE



# Bbg Nutrition Plan

**J Rink**



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