

WILD WOMEN FITNESS

SPRING CIRCUITS

SWEAT IN SIX

WARM UP

3 Rounds

5 Walk Outs

5 Squats

10 Step ups

Set a timer for 6 minutes + complete the following:

1 minute DB thrusters 2x6/8kg

1 minute Sit ups 1x8kg DB

1 minute DB Down ups 2x6/8kg DBs

30s rest into

45s Plank Hip Taps

45s Plank Jacks

45s V-ups

COOL DOWN

1 minute in Down Dog

30s each side Thread the needle

1 minute in Happy Baby

1 minute Cat/Cow

