

#PHYSIQUEFINISHERS

FAST + FURIOUS

10-MINUTE FINISHERS

#1 PUSHIN' PARADISE

EQUIPMENT NEEDED: one set of moderate weight dumbbells (DBs)

AMRAP: 10 minutes (Complete "As Many Rounds As Possible" of this circuit in 10 minutes)

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Push-up/row with DBs	8-25 lbs	5	Do one pushup, and then row R, then row L
Pushups	N/A	10	From knees or toes
Burpees	N/A	10	N/A

#2 BODYWEIGHT BLISS

EQUIPMENT NEEDED: None

COMPLETE THE FOLLOWING FOR TIME:

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Pushups	N/A	50	From knees or toes
Situps	N/A	40	Knees bent or legs straight out
Squats	N/A	30	Moving quickly, but with clean form
Squat jumps	N/A	20	If you can't jump, do a pulsing squat

#3 BABES AND BARBELLS

EQUIPMENT NEEDED: One moderate weight barbell

COMPLETE 4 ROUNDS OF THIS CIRCUIT FOR TIME:

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Barbell push press	35-85 lbs*	10	Add a little hop to get it over head
Barbell overhead squat	35-85 lbs	10	Hands wide on the barbell, warm up
Barbell thruster	35-85 lbs	10	Squat then shoulder press
Barbell front squat	35-85 lbs	10	Keep elbows high, abs tight

*Use same barbell the whole time, the range is wide here because it will depend on fitness level

#4 GRIP GODDESS

EQUIPMENT NEEDED: One moderate weight barbell

COMPLETE 3 ROUNDS OF THIS CIRCUIT FOR TIME:

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Barbell deadlift	45-95 lbs*	10	
Barbell clean	45-95 lbs	10	Hands at shoulder width, keep barbell close to body
Barbell bent-over row	45-95 lbs	10	Press hips back, bring barbell to belly button
Sprint	N/A	45s	Outside/treadmill, if can't run then high knees in place

*Use same barbell the whole time, the range is wide here because it will depend on fitness level

#5 POP A SQUAT

EQUIPMENT NEEDED: One heavy barbell

AMRAP: 10 minutes (Complete "As Many Rounds As Possible" of this circuit in 10 minutes)

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Barbell back squat	65-135 lbs*	10	Should feel very heavy
Burpees	N/A	10	Rest as needed

*The range is wide here because it will depend on fitness level

#6 RENEGADES AND REBELS

EQUIPMENT NEEDED: One pair of moderate weight dumbbells

COMPLETE 3 ROUNDS OF THIS CIRCUIT FOR TIME:

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
DB Row/Extension	10-25 lbs	12	Bent-over position, keep elbows high, then extend
DB Curl/Press	10-25 lbs	12	Palms facing one another
Renegade row	10-25 lbs	12 ea side	Keep abs tight, hips neutral (not too high or low)

#7 **CARDIO IS HARDIO**

EQUIPMENT NEEDED: One pair of moderate weight dumbbells

AMRAP: 10 minutes (Complete "As Many Rounds As Possible" of this circuit in 10 minutes)

EXERCISE	SUGGESTED WEIGHT	REPS	NOTES
Sprint	N/A	200m or 1 min	Treadmill/outside, or default to 1 min cardio of choice
DB burpee/row chain*	12-35 lbs	From 1 to 5	No jump at the top, hold dumbbells the whole time

*Chain = 1 burpee, stand, 1 row, then 1 burpee, stand, 2 rows, then 1 burpee, stand, 3 rows, all the way to 5 = 1 set