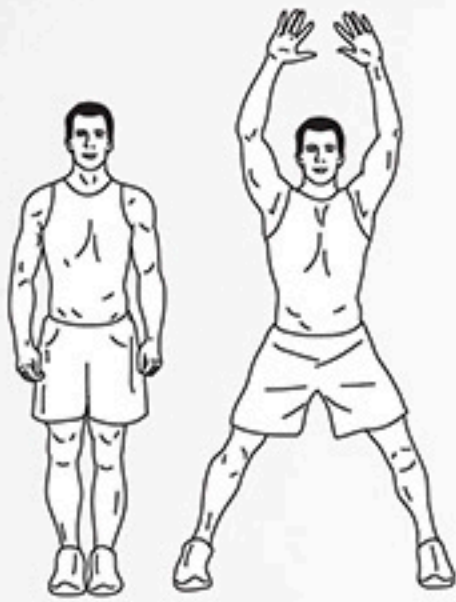




LEVEL 1 // 2 SETS
LEVEL 2 // 4 SETS
LEVEL 3 // 7 SETS

BEGINNERS **S&C** CIRCUIT

2 MINUTES REST



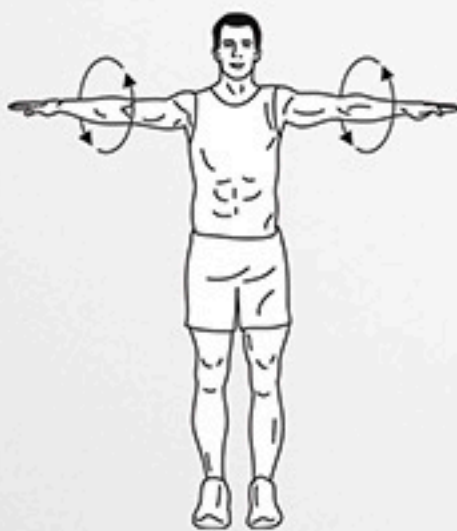
12 jumping jacks



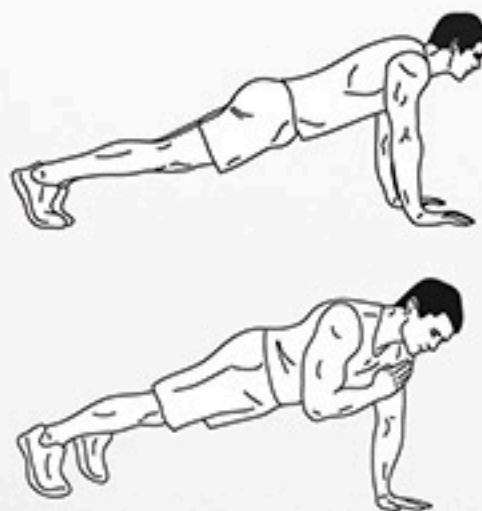
6 squats



6 calf raises



12 raised arm circles



6 shoulder taps



6 plank rotations