

Blogilates SIMPLY SLIMMING CIRCUIT

1



Dumbbell squat, 3x20
 Heavy. Make sure dumbbells touch floor & thighs are parallel to ground.

2



Split squat jump, 3x20
 Squeeze your butt as you land and forcefully jump up to switch sides.

3



Bicep curl, 3x15
 Medium. Keep knees slightly bent & elbows hinged in one place. Do not swing.

4



Box jump 3x20
 Jump up! Land softly. Then walk down 1 foot at a time. Can use a bench or box.

5



Overhead tricep press, 3x15
 Medium. Back tall, elbows in. You may perform this sitting or standing.

6



Alt. Walking lunges 3x40
 Heavy. Knee should not pass toes.