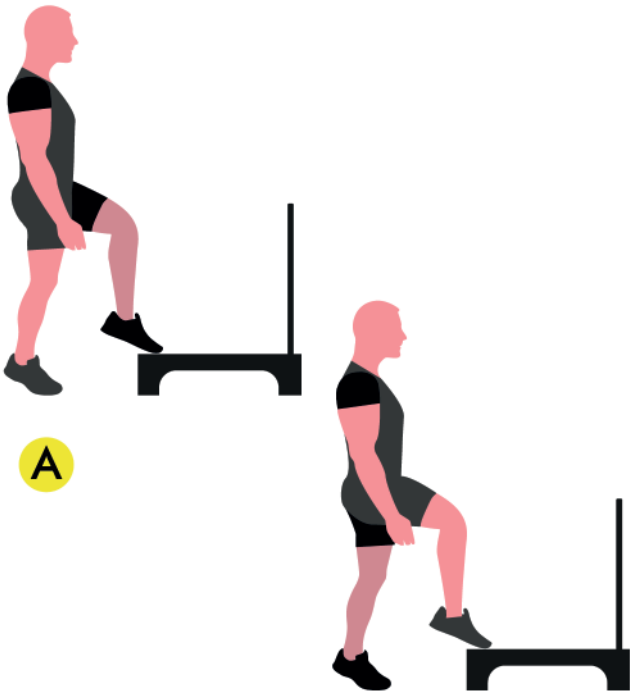


Slim

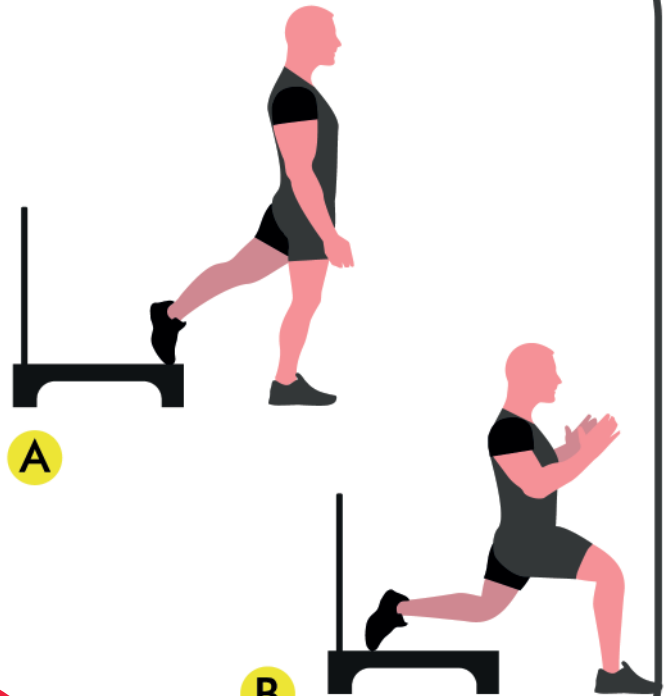


A

B

STEP TOE TOUCHES

Tone



A

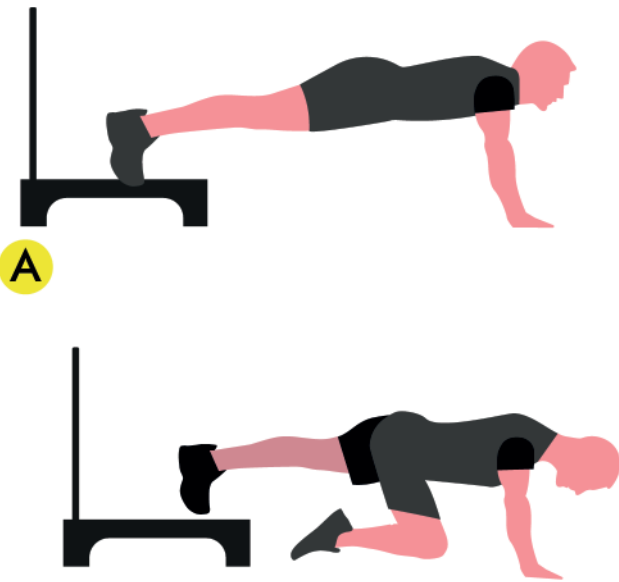
B

SPLIT SQUAT



Endurance

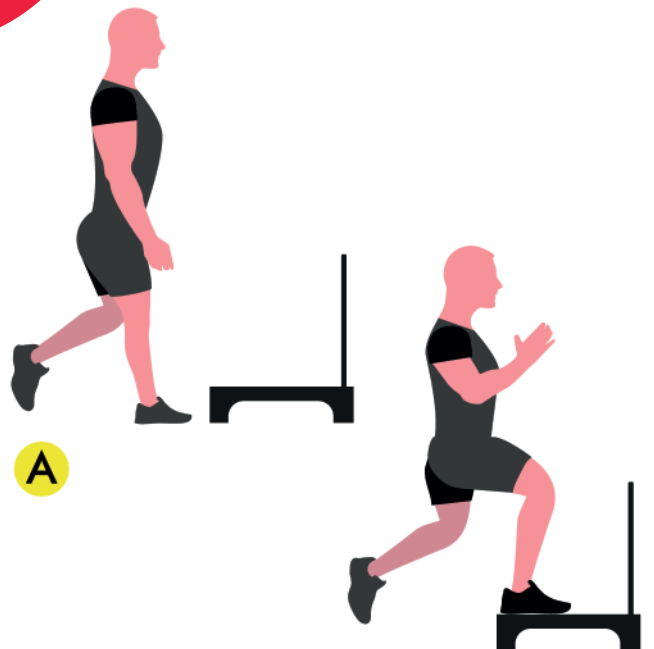
Athletic



A

B

DECLINE MOUNTAIN CLIMBERS



A

B

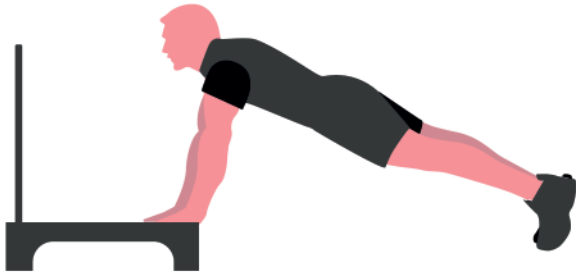
ONE JUMP ON STEP

EXPRESS CIRCUIT



EXPRESS CIRCUIT

Slim



A



B

ELEVATED SIDE JUMP

Tone



A

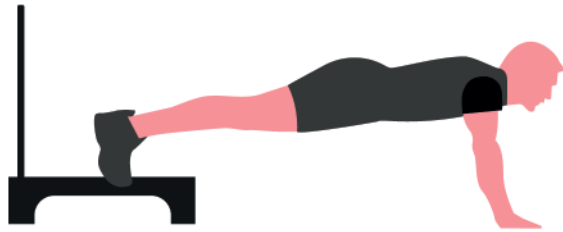


B

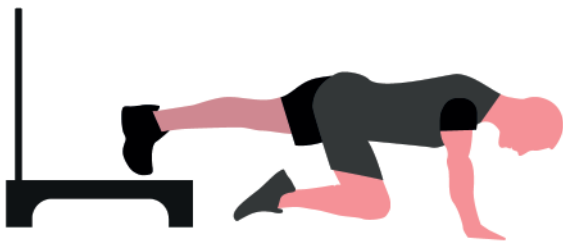
SPLIT SQUAT

04.

Endurance



A



B

DECLINE MOUNTAIN CLIMBERS

Athletic



A



B

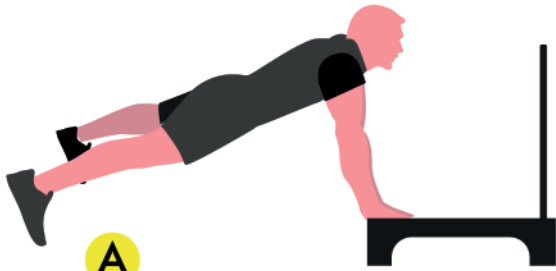
ONE JUMP ON STEP

EXPRESS CIRCUIT



EXPRESS CIRCUIT

Slim



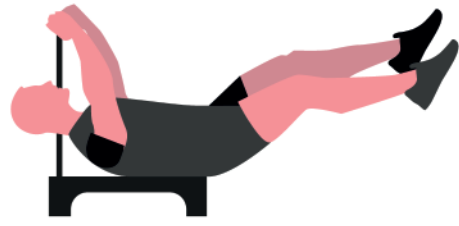
A



B

PLANK TO SQUAT

Tone



A

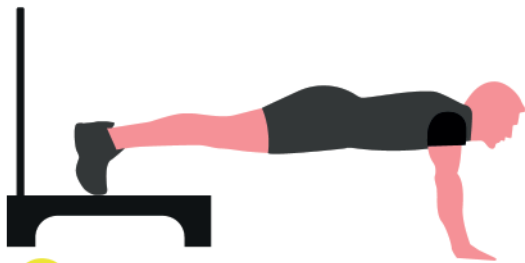


B

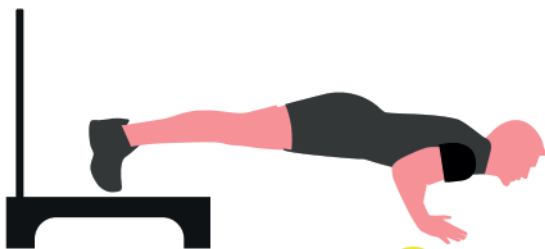
ASSISTED LEG RISES



Endurance



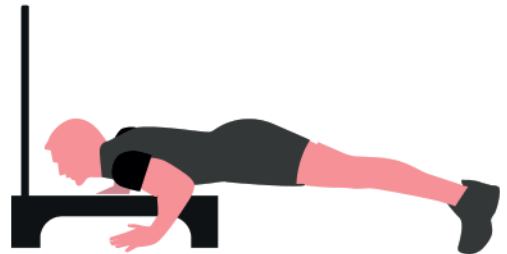
A



B

DECLINE PUSH UP

Athletic



A



B

OFFSET PUSH UP

EXPRESS CIRCUIT



EXPRESS CIRCUIT

Slim



A



B

BASIC STEP

Tone



A



B

COURTSY
PISTOL SQUAT



Endurance



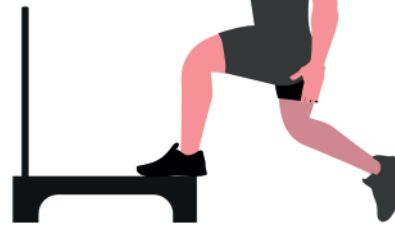
A



B

CRUNCH

Athletic



A



B

SPLIT SQUAT JUMP

EXPRESS CIRCUIT



EXPRESS CIRCUIT

Slim



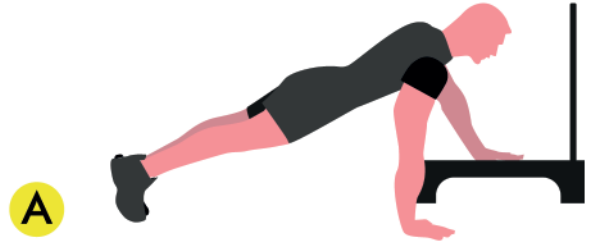
A



B

JUMP TWIST

Tone



A

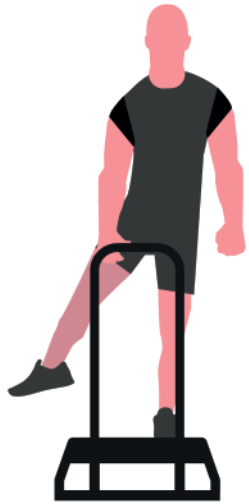


B

PLANK STEP TOUCHES

10

Endurance



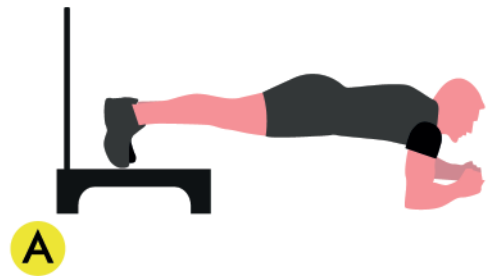
A



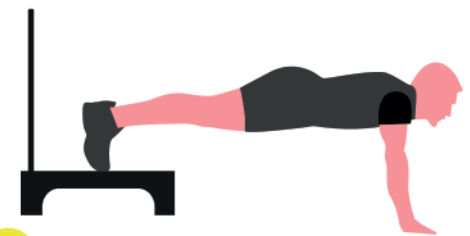
B

ASSISTED SQUAT WITH ABDUCTION

Athletic



A



B

DEFICIT MOVING PLANK

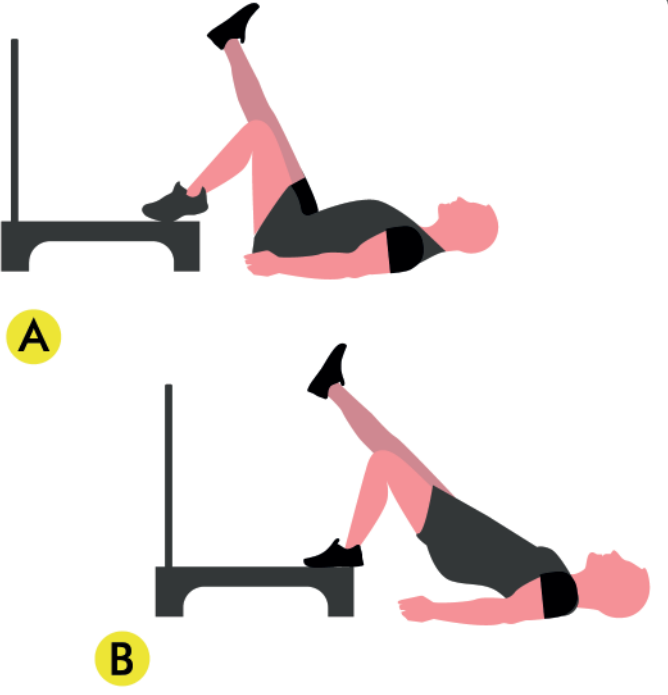
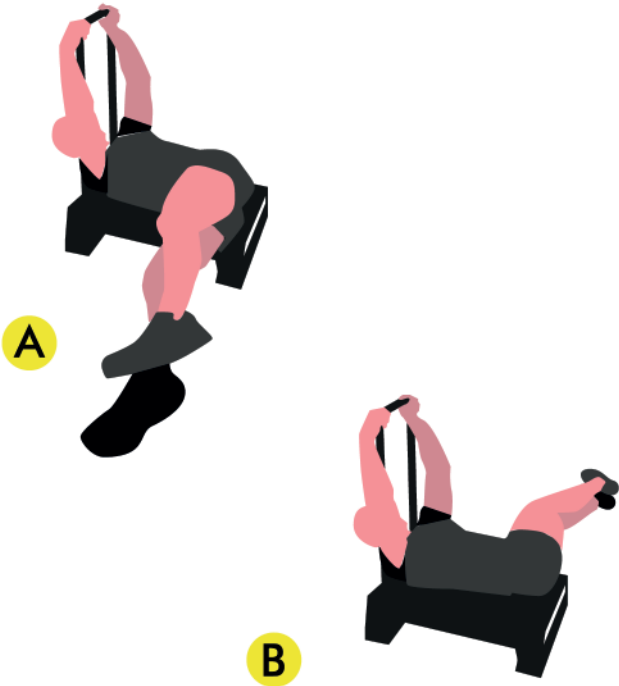
EXPRESS CIRCUIT



EXPRESS CIRCUIT

Slim

Tone



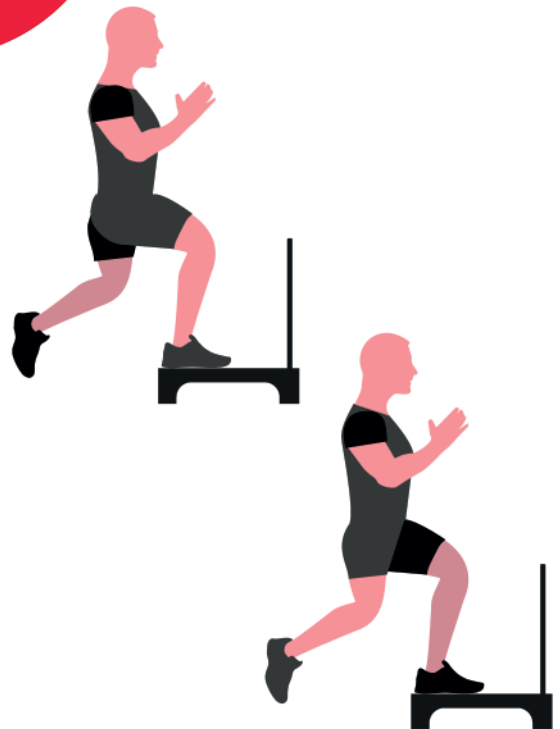
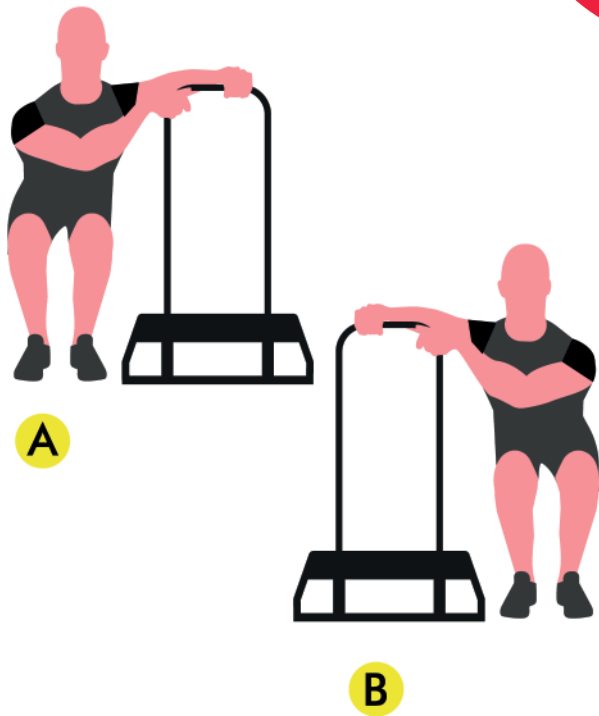
ASSISTED OBLIQUES

FOOT ELEVATED
ONE GLUTE BRIDGE

12

Endurance

Athletic



ASSISTED JUMP OVER

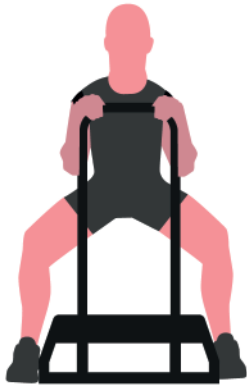
SPRINT STEP

EXPRESS CIRCUIT

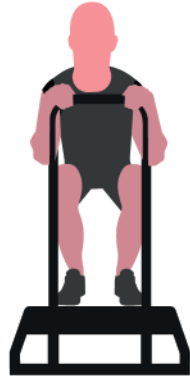


EXPRESS CIRCUIT

Slim



A



B

NARROW TO WIDE S
QUAT JUMP

Tone



A

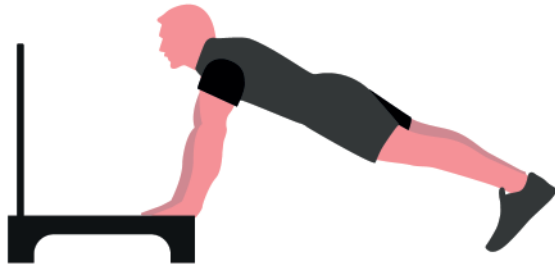


B

STRAIGHT LEGS DIP

14.

Endurance



A



B

PLANK JACKS

Athletic



A



B

ONE LEG JUMP
TO PISTOL SQUAT

EXPRESS CIRCUIT



EXPRESS CIRCUIT

Slim

Tone



A



B

ASSISTED REVERSE CRUNCH



A



B

CURTSY LUNGE

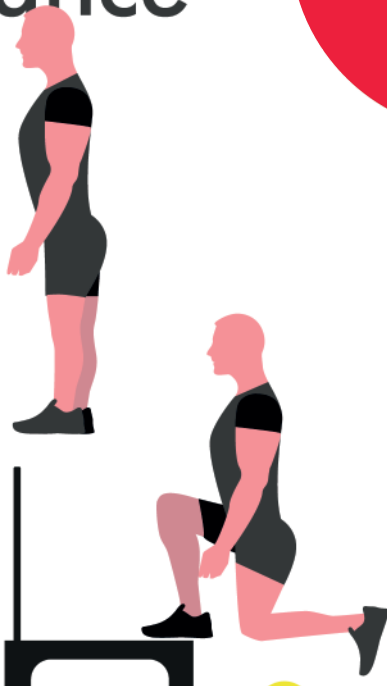
16

Endurance

Athletic

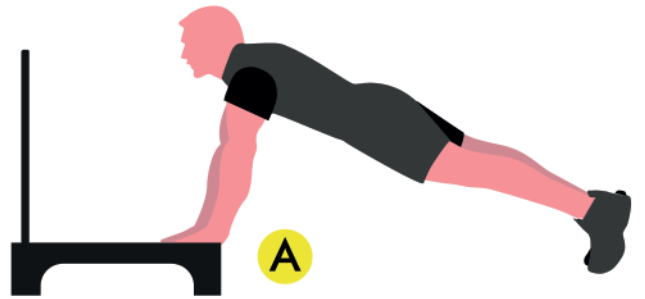


A



B

ELEVATED FRONT LUNGE



A



B

ELEVATED SIT THRU

EXPRESS CIRCUIT



EXPRESS CIRCUIT

Slim



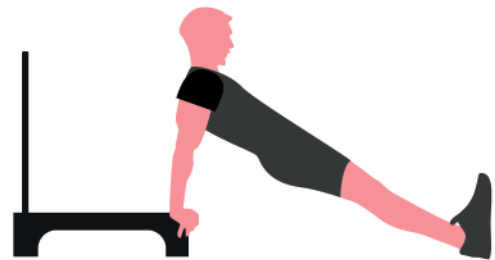
A



B

DYNAMIC
REVERSE PLANK

Tone



A



B

REVERSE PLANK
KNEE TO CHEST

Endurance



A



B

FEET ELEVATED
GLUTE BRIDGE

Athletic



A



B

ASSISTED PISTOL SQUAT

18

EXPRESS CIRCUIT

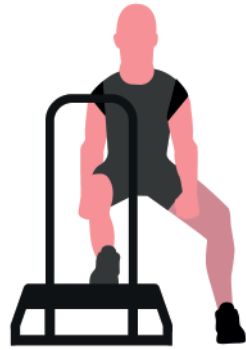


EXPRESS CIRCUIT

Slim



A



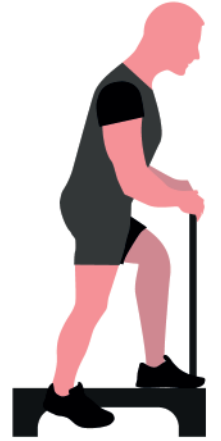
B

LATERAR SQUAT

Tone



A



B

STEP DOWN



Endurance



A



B

KNEE UP

Athletic



A



B

BURPEES

EXPRESS CIRCUIT



EXPRESS CIRCUIT