



BodyTone

Beginners 5

This individual circuit based workout is ideal to introduce new exercises whilst making sure the ever present staples are visible and practiced!

Each circuit is 5 minutes so can be completed twice to make sure everyone understands the workout!

Circuit 1

Runner's Lunge – High Lunge R
Runner's Lunge – High Lunge L
Goblet Squat
Single Leg Glute Bridge R
Single Leg Glute Bridge L

Circuit 2

Single Arm Bent Over Row R
Single Arm Bent Over Row L
Press-Ups
Shoulder Press
Reverse Flye



Circuit 3

Upright Row
Hammer Curls
Tricep Dips
Lateral-Front Raise
Skydiver

Circuit 4

Commando
Ab Crunch
Star Crunch
Single Leg V-Sit
Plank Rollout