

# Burn More Fat and in Less Time with Circuit Workouts

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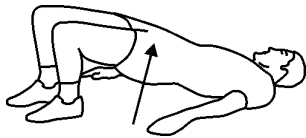
The circuit workouts are total body workouts that target every major muscle group. Perform the workout two to three times per week for four to six weeks and you'll see and feel the difference. Start with one set of 12 - 15 repetitions per exercise and work up to completing 3 total sets of 12 - 15 repetitions

- Warm Up for about five minutes with moderate cardio such as walking.
- Perform static stretches and or foam roll exercises for flexibility.
- Perform circuit workouts by performing all the exercises back to back without rest then rest for 90 seconds and repeat the sequence. This way you expend more energy which leads to faster fat loss. You'll also spend less time working out.

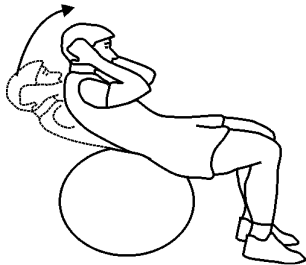
Cool Down with some static stretches and foam roller exercises.

## FULL BODY CIRCUIT

### BRIDGE

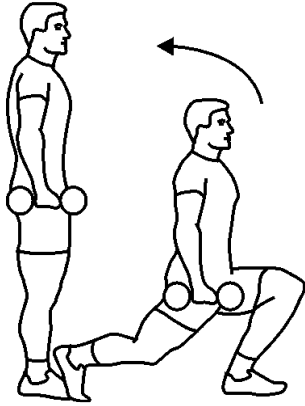


Lie on your back with knees bent and feet flat on the floor and shoulder width apart. Rest your arms on your sides with palms down. Draw your belly button in and squeeze buttocks. Lift your hips off the floor by pushing through your heels and until your knees, hips and shoulders are all in line. Hold two seconds and and Lower for 4 seconds. Repeat.



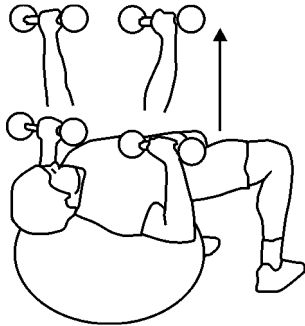
### BALL CRUNCH

Lie face up on a stability ball, bend your knees, feet flat on the ground and pointing straight ahead, place your hands behind your ears. Draw in your belly button. Tuck chin and crunch upper body up and shoulders off the ball and slowly lower and repeat.



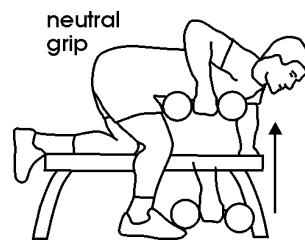
### **DUMBBELL LUNGE**

Stand with your feet about shoulder width. Feet should be pointing straight ahead. Hold a dumbbell in each hand. Draw your belly button in. Take a big step forward and lower down into a lunge until your front leg is almost parallel to the ground. Keep your torso straight and make sure your front knee is pointing in the same direction as your foot. Slowly return back to standing by pushing off of the front leg and squeezing your buttocks. Repeat.



### **BALL CHEST PRESS**

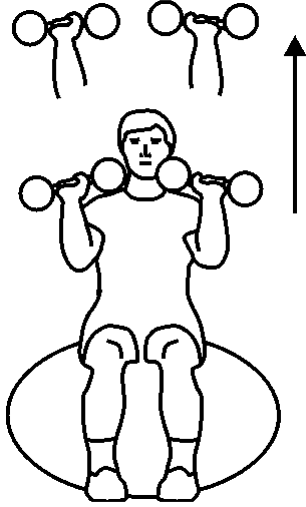
Lie down face up on a stability ball between the shoulder blades, resting your head on the ball. Keep shoulders, hips and knees all in line. Contract or squeeze your buttocks and draw the belly button in. Hold a dumbbell in each hand at chest level. Press the dumbbells up and together extending the arms. Lower slowly and repeat.



### **ONE ARM DUMBBELL ROWS**

Hold a dumbbell in one hand with palm facing in and arm fully extended. Place your opposite knee on the chair or bench and hold on with hand for support. Place the other foot on the floor and knee should be slightly bent.

Keep your belly button drawn in. Bring the dumbbell toward your armpits. Slowly return to start position and repeat.



### **SEATED SHOULDER PRESS**

Sit at a bench or chair. Feet shoulder width apart and pointing straight ahead. Hold a dumbbell in each hand at about shoulder level. Draw belly button in. Extend arms overhead until elbows are fully extended. Slowly return back to start and repeat.