

# On The Go Workout

**By Holly Perkins and Women's Strength Nation**

**Please complete a through warm up or preparatory phase before starting this workout. 5-10 minutes on your favorite cardio machine or a brisk walk will do! Alternatively, you can complete Holly's "Perfect Warm Up" video:**

[https://youtu.be/QnAnu\\_g9u3c](https://youtu.be/QnAnu_g9u3c)

**Below you will see two Circuits, each with five exercises. Complete all five exercises in the first Circuit with no rest in between exercises. After the first round of all five moves, rest for 1 minute. Then complete the second and third sets for this Circuit in the same manner. After completing all three sets for Circuit 1, complete Circuit in the same manners, resting 1 minute in between each Circuit round.**

	EXERCISE	SETS	REPS	NOTES
<b>Circuit 1</b>	Band Squat	3	15	
	Lateral Skaters	3	:30	
	Band Chest Fly	3	15	
	Bench Tricep Dips	3	15	
	Runner's Crunch	3	24	12 on each leg = 24 total
<b>Circuit 2</b>	High Knee Run	3	:30	
	Band Lat Row	3	15	
	Split Squat Jump	3	15	
	Band Lat Pull Down	3	15	
	Alternating Leg Lowering	3	40	20 on each leg = 40 total
	<b>Total Sets</b>	<b>30</b>		