

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

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
Circuit 1	Band Squat	3	20	
	Band Lat Row	3	20	
	Bulgarian Split Squat	3	20	10 on each leg No DB's
	Band Overhead Press	3	15	
	Bicycle Abs	3	40	20 on each leg = 40 total
Circuit 2	Walking Lunge	3	30	15 on each leg = 30 total
	Band Chest Press	3	15	
	Band Triceps Extension	3	15	
	Band Bicep Curl	3	15	
	All Fours Crunch	3	30	
	Total Sets	30		