

Circuit A

CSS DB single leg deadlift

Sets: 3 | Reps: 6/side | Tempo: controlled

-Start feet shoulder width apart

-hip hinge as you let your back leg stay straight as it moves backwards

-keep your hips level and your butt back

-Initiate the stand by squeezing your glutes and pushing your foot into the ground



CSS Squat Jump Row

Sets: 3 | Reps: 6 | Tempo: Explosive

Preparation:

- Pull your shoulder blades down and together - long spine
- Hands are directly in line with the shoulder
- Hips level and glutes engaged



Execution:

- Move into a squat position
- Simultaneously pushing the handles out until the arms are fully extended and the hands are directly in line with the shoulders
- Quickly drive into the heels, engage the glutes, and push the hips forward to propel into the air
- Simultaneously pull the handles back until the elbows are beside the torso and the hands are directly in line with the elbows
- Become a straight line in the air

CSS Side Lunge to A

Sets: 3 | Reps: 6/side | Tempo: Control

Preparation:

- Pull your shoulder blades down and together - long spine
- Toes point forward and are slightly wider than hips width apart
- Entire body should be stacked and in alignment



Execution:

- The hips begin to flex, and the glutes move backwards
- As the glutes continue to move backwards one leg will bend while the other leg extends
- Shift the majority of the weight into the bent leg, drive down through the heel, and press the hips forward
- As you come to a single leg standing position slowly lift the extended leg into a 90-degree position

CSS BB Hang Clean

Sets: 3 | Reps: 6 | Tempo: Good Form

Preparation:

- Pull your shoulder blades down and together - long spine
- Feet should be shoulder width apart with the weight in the heels
- Feet should be under the bar and the shin almost in contact with the bar
- Hands should be slightly wider than the feet



Execution:

- Begin in a hip hinge with the bar just below the knees
- Keep the BB close to the body throughout the movement
- Drive the hips forward and drive down through the feet to propel into the air
- After the hips are fully extended drive the elbows up so the bar is directly in front of the chest
- As you begin to descend flip the wrists so palms face upward, the elbows drive forwards, and the bar rests in front of the shoulders
- Get under the bar and absorb the landing in a squat
- Engage the glutes, push the hip forward, and drive down through the heels to slowly return to standing

Circuit B

CSS DB Bench Press (Legs at 90)

Sets: 3 | Reps: 10 | Tempo: Control

Preparation:

- Pull your shoulder blades down and together - long spine
- Knees and feet should be separated
- Dumbbells should be stacked directly above the shoulders



Stacked arms - shoulder blades down and together



Lower both dumbbells to your armpits with your elbows at a 45 degree angle from the body

Execution:

- Slowly lower both dumbbells to your armpits with your elbows at a 45 degree angle from the body
- Pause at the bottom
- Press the dumbbells back to their stacked position with elbows fully extended

Why:

- This is an upper body exercise that strengthens the chest, shoulders, and triceps while improving muscular balance.

CSS DB single arm bent over row and rotate

Sets: 3 | Reps: 8/side | Tempo: fast with control

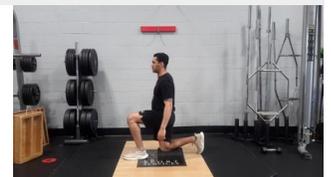
- Get into a good hip hinge (Back flat and hips high)
- row with one arm, slightly rotate your upper body as you keep your hips level



CSS DB 1 Arm shoulder Press in Half Kneeling to Marching A

Sets: 3 | Reps: 6/side | Tempo: Fast and Controlled

- Start in half kneeling
- Push both feet into the ground as you move into your MArch A
- As you move into your march A press the DB overhead



CSS DB bent over "W" hold

Sets: 3 | Reps: 6 | Load: DB | Hold: 10 seconds

-Get into your hip hinge

-keep your shoulders relaxed as you lift your DB into the W shape with your hands



Circuit C

CSS Glute Bridge | Towel Slide

Sets: 5 | Reps: 5 | Tempo: Slow & Control

Preparation:

- Lie on back, feet on towel

Execution:

- Lift hips to make a bridge
- Now slide feet out on the towel - Keep the bridge
- Now slide feet up again - Keep the bridge



-Feet on towel -Lift hips to make a bridge



Slide feet out on towel



Slide feet out on towel



Slide feet in again

CSS Push up Hold - Narrow Hands and elbows

Sets: 5 | Reps: 5 | Load: BW | Hold: 30 seconds

-Start in a plank with your hands close to your body

-Slowly Lower into your push up while keeping your elbows tight to your body

-Hold at the bottom



CSS DB single arm tricep kickback in 4 point stance

Sets: 5 | Reps: 6/side | Tempo: controlled

Start in a 4 point stance (knees under hips and wrists under shoulders)

-Keep your elbows close to your body as you lift your DB Up towards your glutes

