



Create Your Own Workout

Simply Plug in an Exercise from the Categories

Exercise Category	Circuit 1: x reps or x time, 3 rounds	Circuit 2: x reps or x time, 3 rounds	Circuit 3: x reps or x time, 3 rounds	Circuit 4: x reps or x time, 3 rounds
Cardio				
Lower Body				
Upper Body				
Core				

Cardio options (with variations):

- Burpees (with jacks, jumps, pushups)
- Run or jog in place
- Jumping jacks
- Squat jumps (also with knee tucks)
- Mountain climbers (plank position with alternating knee tuck, fast or slow)
- Groiners (plank position, jump both feet forward but out to the side)
- Froggers (groiners with bicep curls down low)
- Skaters/reverse skater
- Jump rope (can do without a rope)
- Tabata: 20 second work/10 seconds rest of x exercises
- AMRAP: As Many Rounds As Possible of certain exercises in a certain time frame
- Squat-Jump-hand walk-push up
- Squats or lunges with combo of overhead press or curls
- Squats with alternating knee raises, hamstring curls or side leg lift
- Sit to stand or jump
- If equipment: Dumbbell or Kettlebells swings (single arm option), Agility ladder, Power sled, Ball slam, Side toss, Battlerope, Machines (rower, bike, treadmill, elliptical, etc.)

Lower body options (with variations):

- Squats (2 legged, single leg, rear leg elevated, split, lateral)
- Lunges (forward, reverse, side, alternating)
- Dead lift (2 legged, single leg)
- Leg curl & hip raises on Stability Ball (double or single leg)
- Leg raise (side, forward, rear, straight or bent knee, standing or laying down)
- Seated leg extension (double or single, can add ankle weights)

Upper Body options (with variations):

- Biceps curl (dumbbells or bands (preacher, incline, hammer & Zottman))

- Triceps (dumbbells or bands (overhead extension, kickback, chair dips)
- Fly (dumbbells or bands (reverse & chest)
- Chest press (dumbbells or bands)
- Shoulder raises & press (dumbbells or bands)
- Push up (with renegade row, alternating shoulder tap, plate slide, etc)
- Row (dumbbells or bands (dbl arm or single arm (w/ single leg, renegade))
- Lat pull downs (use bands & chair or lying positions)

Core Exercises (with variations):

- Sprinter Abs
- Bicycle Abs (& with alternating reach under knee)
- Planks (straight arm, bent arm, side, leg adduction & abduction, plate pass, shoulder tap, body saw, knee tuck)
- Back lying (supine) toe touch (dumbbell held in feet or in hands)
- Back lying (supine) same side ankle reach with knees bent
- Leg lifts (alternating or together)
- Crunches (sit ups, v-sits, legs elevated on chair or SB, use DB in feet or hand, to opposite knee)
- Pilates/Yoga Abs (star reach, opposite leg reach, slow moving sit and lower, butterfly sit up, boat crunch)
- Back extension on ball
- Birddog (upright/seated birddog)
- Tummy lying (prone) superman or back extension (and swimming: arms & legs flutter)
- Pike on Swiss ball
- Knee to chest with feet on Stability ball
- Pot stir on Stability ball
- Spiderman crawl
- Turkish get-up (partial get up)
- Chops & twists (cable or bands)
- Standing side bends (with bands or dumbbell)