

MAC DB Circuit Workout #1

(1 Minute Rounds, DBs Never get put down)

1. Jump Rope
2. Bent Rows
3. Heel Kickers
4. Upright Rows
5. DB Pushups
6. Ab Crunches - DB on stomach
7. Squat and Push Press
8. Toe Touches
9. Split Squat Left and Right
10. Plyo - Side to Side
11. DB Squat Swings
12. Alt. High Knees
13. Alt. Lunges w/ Curl
14. Ab Leg Lifts - DB on stomach
15. Good Mornings
16. Plyo - Front to Back
17. Horse Overhead Half Moons
18. Knee Ups
19. Straight Leg Dead Lift
20. Plyo - Square

MAC DB Circuit Workout #1

21. Wide Pushups
22. Ab Hip Rockers
23. Curling Military Press
24. Side Bounds
25. Split Clean & Press
26. Mountain Climbers
27. Split Snatch
28. Alt. Uppercuts
29. Close Pushups
30. Heel Kickers
31. Ab Bicycles
32. Ab In & Outs
33. Ab Horse Rotations
34. Jump Rope
35. Stretch & Cool Down