

A woman in a pink long-sleeved shirt, white shorts, and a white cap is captured in the middle of a golf swing on a green field. She is holding a golf club with a blue head. The background features a line of tall, thin trees under a blue sky with light clouds. A golf ball on a tee is visible on the grass in the foreground.

# POWER WORKOUTS

For WOMEN GOLFERS



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# Introduction

You want a good golf swing that produces power? Real power is built from the ground up. It is the chain reaction of good positions that reflect good movement patterns. If there is one weak link, the chain is only as strong as its weakest link. This is true for any sport and especially true for the golf swing.

To transfer power to the ball in a controlled manner shows us how important it is to have that chain of body parts optimized in every way.

Here are some of the things to consider when setting up the body for proper power production.

- A solid base to work off (contact to the ground)
- Alignment of all parts (spine angle)
- Solid connection between all joints (core, muscles and connective tissue)
- Synchronization of all moving parts (nervous system)
- Uninterrupted transfer of power through the body (flow)

The following workouts are designed to build power for the female golfer. Some exercises may be easy for you and others more challenging. The goal is to continue to master new skills as well as progress in your strength and power

**Here's to hitting it long...**

## THE METHOD

Circuit Training is one of the most popular and oldest styles of workout training. It has been around since the 1950's and was one of the 'hottest' training programs back in its day. While many styles of workouts have come and gone, circuit training is still the preferred method for a large percentage of our population.

While popular exercises may have changed over the years, this is one style that is well suited to every generation, every level of fitness and most any kind of goal.

It's also one of the most flexible ways to work out. You can use your own stations in a gym, or workout at home. You can use bodyweight only, a small handful of equipment, or all kinds of exercises at the gym. You can also work out on your own or it's the perfect way to share a workout with friends. In fact, many small gym environments and classes are still set up this way across America.

For golf, it's a no-brainer. In fact, it's almost perfectly suited for a golfer. You need to minimize your time in the gym so you can maximize your time on the range or on the course. You need fitness, but you don't want to invest a large chunk of your free time.

.....and that's why circuit training is so popular for golfers.

### **How does it work?**

It is typically set up in pre arranged stations of 6 to 12 exercises. You begin at one station or set of exercises and perform a set of repetitions (usually in

the 10 to 15 range), then move to the next station until a set of repetitions has been completed at each station. There is no rest between exercises which keeps your heart rate up and you get a great cardio workout while revving your metabolism.

Sounds like fun, right? You get fit, get added heart healthy benefits, and your game can really improve with a relatively small amount of effort.

The rest of this book will be dedicated to all kinds of awesome circuits you can do to improve your fitness and your game.

You will notice a few things as you look through the programs. Each circuit should start with a brief warm up. It only takes 5 to 10 minutes, but it's necessary to prepare your body and your mind for the work ahead. You can perform some jumping jacks, walk on a treadmill, perform a handful of walking lunges, etc. Remember the point is to get your blood flowing and ready for action! And, a cool down is always recommended as well. Just 5 minutes of light stretches and you are good to go!

## **Where should I start?**

Beginners should start with one to two circuits and build from there. Intermediate exercisers can do two to four circuits and advanced exercisers should be able to bust out five or six!

Last, you will find full body circuits as well as circuits broken down into upper body, lower body and core. You can mix and match or choose the ones that suit your fitness goals.

There are two ways to perform your circuits. You can use repetitions or timed stations. They are both effective, it is only matter of which you prefer. The circuits below are set at 12 to 15 reps. However, if you want to use



timed intervals, then try 30 to 45 seconds per exercise before moving on to the next exercise. Another great idea is to get a smartphone timer app.

These are great for setting them at the perfect time per exercise, then you will hear a beep when it's time to move to the next exercise. This way you can listen to music and focus on form and you don't need to worry about counting reps.

**For golf, I recommend the workout in phases;**

Phase 1: build stamina by going through the circuits with 12 to 15 reps. Stay here for roughly 4 weeks.

Phase 2: build strength by performing 8 to 10 reps of the same exercises but increase the weight or difficulty slightly.

Phase 3 build power by performing just 4 to 6 reps of the same exercise but increase the weight or difficulty slightly.

If you want/have time to work out 2 times a week, please use the full body workouts.



If you can work out more than twice weekly, please alternate lower body/upper body workouts to get more volume and intensity.

## CORE CIRCUITS





**Circuit I workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.


Exercise	Instructions	Photo
<p><b>Kneeling Cross Body Pull</b></p>	<p>Get on one knee while holding a fitness band or cable. Brace your abs, then rotate to one side, bringing the weight back into a row.</p>	
<p><b>Stiff legged DB Deadlift</b></p>	<p>Place your feet hip width apart, abs tight and holding a dumbbell in each hand. Bend your knees slightly and keep your back straight. Lower the dumbbells down your legs toward the floor (making sure to keep your back flat) until you feel a stretch in the hamstrings.</p>	
<p><b>Hip Lift</b></p>	<p>Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.</p>	
<p><b>Elevated Hip Lift</b></p>	<p>Start on your side in a plank position. Elevate your hips then raise your top leg with toes pointed forward.</p>	









<b>Side Plank Toe Touches</b>	Start on your side in a plank position. Extend one arm and one opposite leg to touch in the middle.	
<b>Ball Curls</b>	Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Bend your knees and roll the ball towards your body. Remember not to drop your hips.	

**Circuit II workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.



Exercise	Instructions	Photo
<p><b>One Legged Crunch</b></p>	<p>Lie on your back with legs extended out. Bring one leg in while moving to a crunch position with your upper body. Repeat with other leg.</p>	
<p><b>Alternating Arms and Legs</b></p>	<p>Tighten the abdominal muscles and slightly squeeze the buttocks in order to press the small of your lower back into the floor. Alternate arm and leg movements together so the left arm is slowly extended overhead while at the same time the left leg is lifted.</p>	
<p><b>Standing Oblique Crunch</b></p>	<p>Stand with good posture holding a dumbbell and knees slightly bent. Lift one leg and cross your body over towards the bent leg into a side crunch.</p>	
<p><b>Side Plank Toe Touches</b></p>	<p>Start on your side in a plank position. Extend one arm and one opposite leg to touch in the middle.</p>	

<p><b>Sit and Hold</b></p> <p><b>(Hold for 10 to 15 sec)</b></p>	<p>Balance on your glutes while keeping your spine upright. Bring in knees and hold for a few seconds before releasing.</p>	
<p><b>Front Plank</b></p>	<p>Start in a push up position or with your forearms on the floor. Flex your feet so that your toes are on the ground. Keep your torso straight and your body in a straight line without slumping or bending in your middle. Keep your head and neck relaxed.</p>	
<p><b>Lying Glute Squeeze</b></p>	<p>Lie on your back. Lift hips while squeezing your butt muscles all the way to the top.</p>	






**Circuit III workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Leg Cross Crunch</b></p>	<p>Lie on your back with legs extended out. Bring one leg in while moving to a crunch position with your upper body. Repeat with other leg.</p>	
<p><b>Lying Hip Lift</b></p>	<p>Lie on your back with legs pointed up. Push through your heels all the way up, lifting your glutes and contracting your abs.</p>	
<p><b>Mountain Climbers</b></p>	<p>Get in a plank position, then bring in one knee at a time while squeezing your butt muscles. Move each leg quickly in a rhythmic fashion.</p>	
<p><b>Lying Side Lifts</b></p>	<p>Lie on your side. Raise your upper body and legs to meet in a side crunch position.</p>	
<p><b>MB Rotation Crunch</b></p>	<p>Start on your side in a plank position. Extend one arm and one opposite leg to touch in the middle.</p>	
<p><b>Elevated Hip Lift</b></p>	<p>Start on your side in a plank position. Elevate your hips then raise your top leg with toes pointed forward.</p>	

**Circuit IV workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Good Mornings</b></p>	<p>Stand with your feet hip-width apart. Your hands behind your head with elbows opened wide. Pull your abs in and lower your body until your back is almost parallel to the floor. Keep a slight bend in your knees.</p>	
<p><b>Side Plank</b></p>	<p>Lie on your side with your elbow directly under your shoulder. Place one foot on top of the other in a stacked position. Push off your elbow and feet. Keep the body position in a straight line.</p>	
<p><b>Toe Touches</b></p>	<p>Sit on the ground then lift yourself up with straight arms and bent knees. Lift one leg straight up and try and touch it with your opposite arm. Repeat with opposite side.</p>	
<p><b>Lying Side Lifts</b></p>	<p>Lie on your side. Raise your upper body and legs to meet in a side crunch position.</p>	
<p><b>Sumo Squats</b></p>	<p>Begin in a standing position with a nice wide stance. Lower your body with knees going to the side and arms over your head. Squat as low as you are comfortable. Engage your ab muscles and keep good posture.</p>	





**Circuit IV workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.



Exercise	Instructions	Photo
<b>Ball Touches</b>	Lie on your back with legs extended out. Hold a fitness ball in your hands. Raise your upper body and one leg into a crunch position. Be sure to keep your ab muscles tight and your low back on the ground.	
<b>Duck Walks</b>	Lower your body to a squat position with your feet pointed out slightly. They should be slightly greater than shoulder width apart. Only lower your body as far as you are able. You should feel this in your quad muscles and not in your knees. Begin taking steps slowly.	
<b>Mountain Climbers</b>	Get in a plank position, then bring in one knee at a time while squeezing your butt muscles. Move each leg quickly in a rhythmic fashion.	
<b>Knee Touches</b>	Begin in a push up position with hands directly below your shoulders. Bring your right leg up towards your shoulders.	
<b>Advanced Plank</b>	Begin in an elevated push up position with legs fully extended and arms directly beneath your shoulders. Contract your abs. Lift one leg straight up, then slowly lower it. Alternate legs. Keep your body in balance.	




## FULL BODY CIRCUITS

**Circuit I workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Squats</b></p>	<p>Stand with your feet slightly further than shoulder width apart. Sit back and down as low as possible. Make sure your knees do not extend too far forward. Push through your heels to return to your start position.</p>	
<p><b>Plank Row</b></p>	<p>From a push up position, place each hand around a dumbbell. Lift right elbow up toward the ceiling while squeezing your shoulder blade. Keep elbow in close to your body. Perform the suggested number of reps per side.</p>	
<p><b>Upright Crunches</b></p>	<p>Balancing on your hips, sit upright and bring in one knee at a time. Alternate between the two of them.</p>	
<p><b>Step Up's (30 seconds)</b></p>	<p>Stand <b>up</b> straight while holding a dumbbell on each hand (palms facing the side of your legs). Place the right foot on the elevated platform. <b>Step</b> on the platform by extending the hip and the knee of your right leg</p>	

<b>Side V Ups</b>	Lie on your side. Raise your upper body and legs to meet in a side crunch position.	
<b>Cross Body Plank</b>	Start in a plank position. Bring in one knee towards your opposite shoulder. Keep your abs tight throughout the movement.	

**Circuit II workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.


Exercise	Instructions	Photo
<p><b>Lunge to Press</b></p>	<p>Perform walking lunges and press a dumbbell or medicine ball above your head with each step</p>	
<p><b>Bench Bridges</b></p>	<p>Lie with your back flat on the floor and your knees bent, feet resting on a bench or step. Squeeze your butt muscles and raise your body</p>	
<p><b>Sit and Hold</b> <b>(Hold for 10 to 15 sec)</b></p>	<p>Balance on your glutes while keeping your spine upright. Bring in knees and hold for a few seconds before releasing.</p>	
<p><b>Lying Side Lifts</b></p>	<p>Lie on your side. Raise your upper body and legs to meet in a side crunch position.</p>	
<p><b>Jump Rope</b> <b>(or jumping jacks 30 seconds)</b></p>	<p>Keep your heart rate up throughout.</p>	




## DB Rows

Lean forward at the waist while tightening your abs. Bring the dumbbells straight back, squeezing your back muscles while you pull your elbows back.







**Circuit III workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.






Exercise	Instructions	Photo
<p><b>Core Plank Pulls</b></p>	<p>Place a fitness band underneath one foot and make sure it is secure. Your body will be in a plank position with hands and feet touching the floor. Abs are contracted. Bring the opposite end of the fitness band up to shoulder level.</p>	
<p><b>Walking Lunges</b> (12-15 reps each side)</p>	<p>Take one step forward while never letting your knee extend past your toe. Once at the bottom of the lunge (not touching the floor), push off with the back foot.</p>	
<p><b>Seated Shoulder Press</b></p>	<p>Sit on the edge of a bench with a dumbbell in each hand. Start the dumbbells at shoulder level, palms forward, then press them up to a full extension.</p>	
<p><b>Elevated Hip Lift</b></p>	<p>Start on your side in a plank position. Elevate your hips then raise your top leg with toes pointed forward.</p>	

<p><b>Ab Clap</b></p>	<p>Lie on your back with one leg extended and one knee bent. Clap your hands behind your bent knee.</p>	
<p><b>Mountain Climbers</b></p>	<p>Get in a plank position, then bring in one knee at a time while squeezing your butt muscles. Move each leg quickly in a rhythmic fashion.</p>	
<p><b>Jumping Jacks (30 seconds)</b></p>	<p>Keep your abs tight and extend arms and legs out as far as possible.</p>	



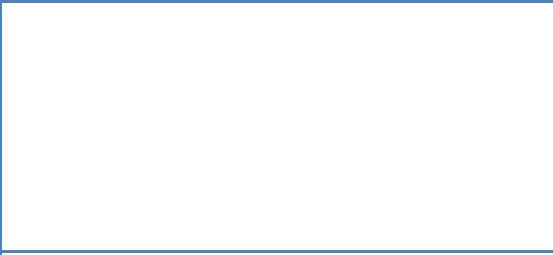




**Circuit IV workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Bench Push Ups</b></p>	<p>Place your feet on the ground and place your hands on a stair or bench. Slowly lower your upper body until your chest is close to the step or stool. Push through your arms and shoulders to push yourself back up.</p>	
<p><b>Split V's</b></p>	<p>Lie on your back with legs in a stretch V. Reach up and through your legs. Return and repeat.</p>	
<p><b>DB Squats</b></p>	<p>Stand with your feet slightly further than shoulder width apart. Sit back and down as low as possible. Make sure your knees do not extend too far forward. Push through your heels to return to your start position.</p>	
<p><b>Crunching Toe Touch</b></p>	<p>Lie on your back with one leg extended and one knee bent. Bring in one leg at a time to a crunch position.</p>	





<p><b>Alternating Crunches</b></p>	<p>Lie on the floor with hands behind your head. Bring one knee up and lift your upper body into a crunched position.</p>	
<p><b>Mountain Climbers</b></p>	<p>Get in a plank position, then bring in one knee at a time while squeezing your butt muscles. Move each leg quickly in a rhythmic fashion.</p>	
<p><b>Side to Side Lunge</b></p>	<p>Begin the movement by stepping to the side with one leg, bending at the knee as shown. As your bent leg lands, assume a squat position as you sit back and down. Hold for a second, then push yourself back to the starting position.</p>	
<p><b>Step Ups</b></p>	<p>Stand facing a bench, stool or stair. Place one foot on the bench and the other on the floor. With your abs tight and glutes squeezed, step up to the standing position by pushing through your heels. Lower your body under control. Pause briefly at the bottom and repeat. Complete all reps for one side before changing legs.</p>	
<p><b>Front Plank</b></p>	<p>Start in a push up position or with your forearms on the floor. Flex your feet so that your toes are on the ground. Keep your torso straight and your body in a straight line. Keep your head and neck relaxed.</p>	





**Circuit V workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Stiff legged DB Deadlift</b></p>	<p>Place your feet hip width apart, abs tight and holding a dumbbell in each hand. Bend your knees slightly and keep your back straight. Lower the dumbbells down your legs toward the floor (making sure to keep your back flat) until you feel a stretch in the hamstrings.</p>	
<p><b>Sit and Hold</b> <b>(Hold for 10 to 15 sec)</b></p>	<p>Balance on your glutes while keeping your spine upright. Bring in knees and hold for a few seconds before releasing.</p>	
<p><b>Jump Rope</b> <b>(or jumping jacks 30 seconds)</b></p>	<p>Keep your heart rate up throughout.</p>	
<p><b>DB Chest Press</b></p>	<p>Lie down on a bench with both feet on the floor. Contract abdominals so low back doesn't arch. Breathe in while lowering the dumbbells to your chest, exhale while extending back out.</p>	
<p><b>Lunge to Press</b></p>	<p>Perform walking lunges and press a dumbbell or medicine ball above your head with each step</p>	

<p><b>Lying Glute Squeeze</b></p>	<p>Lie on your back. Lift hips while squeezing your butt muscles all the way to the top.</p>	
<p><b>Seated Rows</b></p>	<p>In a seated position with feet extended, place a fitness band around your feet. You will bring the handles closer to your body while squeezing your back muscles. Stay in good posture throughout the exercise. Elbows will be close to your body and move forward and back in a straight line.</p>	
<p><b>Steps Ups</b></p>	<p>Stand facing a bench, stool or stair. Place one foot on the bench and the other on the floor. With your abs tight and glutes squeezed, step up to the standing position by pushing through your heels. Lower your body under control. Pause briefly at the bottom and repeat. Complete all reps for one side before changing legs.</p>	
<p><b>Lying Side Lifts</b></p>	<p>Lie on your side. Raise your upper body and legs to meet in a side crunch position.</p>	





**Circuit VI workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.





Exercise	Instructions	Photo
<p><b>Jump Squats</b></p>	<p>Start in a deep squat position with your hands behind your head. From this position, explosively jump up as high as you can before returning to your starting position.</p>	
<p><b>Ball Curls</b></p>	<p>Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Bend your knees and roll the ball towards your body. Remember not to drop your hips.</p>	
<p><b>Plank to Rotation</b></p>	<p>From a push up position, rotate your body to one side while lifting your arm in the air and your body forms one line.</p>	
<p><b>DB Rows</b></p>	<p>Lean forward at the waist while tightening your abs. Bring the dumbbells straight back, squeezing your back muscles while you pull your elbows back.</p>	

<p><b>Seated Shoulder Press</b></p>	<p>Sit on the edge of a bench with a dumbbell in each hand. Start the dumbbells at shoulder level, palms forward, then press them up to a full extension.</p>	
<p><b>Hip Lift</b></p>	<p>Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.</p>	
<p><b>Tricep Dips</b></p>	<p>Sit on the floor with your feet in front of you and your arms behind you with palms facing down. Place your feet firmly on the ground. You can perform these while sitting or placing your hands on a bench or step. Push yourself up until your arms are straight.</p>	
<p><b>Ab Clap</b></p>	<p>Lie on your back with one leg extended and one knee bent. Clap your hands behind your bent knee.</p>	











**Circuit VII workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<b>Lunge to Curl</b>	Place your back foot on a stair or bench and move into a lunge. Bring your dumbbells into a bicep curl.	
<b>DB Rows</b>	Lean forward at the waist while tightening your abs. Bring the dumbbells straight back, squeezing your back muscles while you pull your elbows back.	
<b>Mountain Climbers</b>	Get in a plank position, then bring in one knee at a time while squeezing your butt muscles. Move each leg quickly in a rhythmic fashion.	
<b>Upright Crunches</b>	Balancing on your hips, sit upright and bring in one knee at a time. Alternate between the two of them.	
<b>Jumping T's (30 seconds)</b>	Exactly like jumping jacks except extend your arms into a T position.	






<p><b>Side V Ups</b></p>	<p>Lie on your side. Raise your upper body and legs to meet in a side crunch position.</p>	
<p><b>Hip Abductor Walk</b></p>	<p>Place a band around your ankles. Take one step to the side while keeping good posture and a slight bend in the knees.</p>	
<p><b>Split Squat</b></p>	<p>Stand with arms in front of you and one foot on a bench or step. Squat down by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor.</p>	
<p><b>Split V's</b></p>	<p>Lie on your back with legs in a stretch V. Reach up and through your legs. Return and repeat.</p>	
<p><b>DB Squats</b></p>	<p>Stand with your feet slightly further than shoulder width apart. Sit back and down as low as possible. Make sure your knees do not extend too far forward. Push through your heels to return to your start position.</p>	

**Circuit VIII workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Tuck Ins</b></p>	<p>In a push up position, place your feet on the ball. Hold your spine straight and maintain head and neck alignment. Draw your legs under your body, keeping your abs contracted throughout the movement. Return to the start position and repeat.</p>	
<p><b>Spiderman Push Up</b></p>	<p>Slowly lower yourself down until you are 2 inches off the ground. As you lower yourself, slowly bring one knee up to your elbow. Keep your foot off the ground as you do so. Push through your chest, shoulders and triceps to return to the start position.</p>	
<p><b>Elevated Hip Lift</b></p>	<p>Start on your side in a plank position. Elevate your hips then raise your top leg with toes pointed forward.</p>	
<p><b>Side Plank Toe Touches</b></p>	<p>Start on your side in a plank position. Extend one arm and one opposite leg to touch in the middle.</p>	
<p><b>Booty Blast</b></p>	<p>Get in a plank position. Lift one leg up while squeezing butt muscles.</p>	





<p><b>Alt. Arm and Leg Lift</b></p>	<p>Kneel on a mat and place your hands on the mat under your shoulders. Contract your abs and keep a flat back. Raise one hand and opposite leg simultaneously. Palms are facing in with thumbs up. Leg extends straight out from your hip.</p>	
<p><b>DB Chest Press</b></p>	<p>Lie down on a bench with both feet on the floor. Contract abdominals so low back doesn't arch. Breathe in while lowering the dumbbells to your chest, exhale while extending back out.</p>	
<p><b>Walking Lunges</b></p>	<p>Take one step forward while never letting your knee extend past your toe. Once at the bottom of the lunge (not touching the floor), push off with the back foot.</p>	



**Circuit IX workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Squat to Press</b></p>	<p>Begin in a wide stance with toes slightly pointed out. Place your dumbbell in your right hand. Start in a squat position with dumbbell on the ground. Raise the dumbbell above your head into a press.</p>	
<p><b>Split V's</b></p>	<p>Lie on your back with legs in a stretch V. Reach up and through your legs. Return and repeat.</p>	
<p><b>Knee ins</b></p>	<p>Get in a plank position, then bring in one knee at a time while squeezing your butt muscles.</p>	
<p><b>Alt. Arm and Leg Lift</b></p>	<p>Kneel on a mat and place your hands on the mat under your shoulders. Contract your abs and keep a flat back. Raise one hand and opposite leg simultaneously. Palms are facing in with thumbs up. Leg extends straight out from your hip.</p>	
<p><b>Side Plank Toe Touches</b></p>	<p>Start on your side in a plank position. Extend one arm and one opposite leg to touch in the middle.</p>	

<p><b>Push Ups</b></p>	<p>Place your hands flat on the floor (shoulder-width apart), keeping your arms straight, and elbows unlocked. Rise up on your toes so the balls of your feet are touching the floor. Your body should form one straight line from your feet to your head. Slowly lower yourself until your upper arms are parallel to the ground and press yourself back up.</p>	
<p><b>Lying Glute Squeeze</b></p>	<p>Lie on your back. Lift hips while squeezing your butt muscles all the way to the top.</p>	
<p><b>Ball Curls</b></p>	<p>Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Bend your knees and roll the ball towards your body. Remember not to drop your hips.</p>	
<p><b>Plank to Rotation</b></p>	<p>Begin in a pushup position with good posture and alignment. Pick up one arm and rotate to the side.</p>	

**Circuit X workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.





Exercise	Instructions	Photo
<p><b>Walking Lunges</b></p>	<p>Take one step forward while never letting your knee extend past your toe. Once at the bottom of the lunge (not touching the floor), push off with the back foot.</p>	
<p><b>Plank Jacks</b></p>	<p>Place both hands on the floor in a push up position. Make sure your body is in one straight line from the shoulders to your ankles. Hold your stomach muscles in tight. Jump both legs to the side and away from your body. Then, bring them back together. Perform these leg 'jacks' in a rhythmic motion to keep your heart rate moving.</p>	
<p><b>Plank Row</b></p>	<p>From a push up position, place each hand around a dumbbell. Lift right elbow up toward ceiling while squeezing your shoulder blade. Keep elbow in close to your body.</p>	
<p><b>Upright Crunches</b></p>	<p>Balancing on your hips, sit upright and bring in one knee at a time. Alternate between the two of them.</p>	




<p><b>Lying Side Lifts</b></p>	<p>Lie on your side. Raise your upper body and legs to meet in a side crunch position.</p>	
<p><b>Squat to Press</b></p>	<p>Begin in a wide stance with toes slightly pointed out. Place your dumbbell in your right hand. Start in a squat position with dumbbell on the ground. Raise the dumbbell above your head into a press.</p>	
<p><b>Jump Rope (or jumping jacks 30 seconds)</b></p>	<p>Keep your heart rate up throughout.</p>	







## UPPER BODY CIRCUITS



**Circuit I workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>DB Chest Press(Alternating)</b></p>	<p>Lie down on a bench with both feet on the floor. Contract abdominals so low back doesn't arch. Breathe in while lowering the dumbbells to your chest, exhale while extending back out.</p>	
<p><b>Spiderman Push Up</b></p>	<p>Slowly lower yourself down until you are 2 inches off the ground. As you lower yourself, slowly bring one knee up to your elbow. Keep your foot off the ground as you do so. Push through your chest, shoulders and triceps to return to the start position.</p>	
<p><b>Plank Row</b></p>	<p>From a push up position, place each hand around a dumbbell. Lift right elbow up toward ceiling while squeezing your shoulder blade. Keep elbow in close to your body.</p>	
<p><b>Side Plank</b></p>	<p>Lie on your side with heels and elbow in contact with the floor. Keep body in one straight line from your head to your toes.</p>	




<p><b>Front Plank</b></p>	<p>Start in a push up position or with your forearms on the floor. Flex your feet so that your toes are on the ground. Keep your torso straight and your body in a straight line without slumping or bending in your middle. Keep your head and neck relaxed.</p>	
<p><b>Plank Jacks</b></p>	<p>Place both hands on the floor in a push up position. Make sure your body is in one straight line from the shoulders to your ankles. Hold your stomach muscles in tight. Jump both legs to the side and away from your body. Then, bring them back together. Perform these leg 'jacks' in a rhythmic motion to keep your heart rate moving.</p>	
<p><b>Tricep Dips</b></p>	<p>Sit on the floor with your feet in front of you and your arms behind you with palms facing down. Place your feet firmly on the ground. Push yourself up until your arms are straight.</p>	



**Circuit II workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Push Ups</b></p>	<p>Place your hands flat on the floor (shoulder-width apart), keeping your arms straight, and elbows unlocked. Rise up on your toes so the balls of your feet are touching the floor. Your body should form one straight line from your feet to your head. Slowly lower yourself until your upper arms are parallel to the ground and press yourself back up.</p>	
<p><b>DB Rows</b></p>	<p>Lean forward at the waist while tightening your abs. Bring the dumbbells straight back, squeezing your back muscles while you pull your elbows back.</p>	
<p><b>Plank to Rotation</b></p>	<p>Begin in a pushup position with good posture and alignment. Pick up one arm and rotate to the side.</p>	
<p><b>Mountain Climbers</b></p>	<p>Get in a plank position, then bring in one knee at a time while squeezing your butt muscles. Move each leg quickly in a rhythmic fashion.</p>	





<p><b>Seated Shoulder Press</b></p>	<p>Sit on the edge of a bench with a dumbbell in each hand. Start the dumbbells at shoulder level, palms forward, then press them up to a full extension.</p>	
<p><b>Split Jumps</b></p>	<p>Assume a lunge stance position with one foot forward with the knee bent, and the rear knee nearly touching the ground. Ensure that the front knee is over the midline of the foot. Extending through both legs, <i>jump</i> as high as possible, swinging your arms to gain lift.</p>	


**Circuit III workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<b>Bench Push Ups</b>	Place your feet on the ground and place your hands on a stair or bench. Slowly lower your upper body until your chest is close to the step or stool. Push through your arms and shoulders to push yourself back up.	
<b>Standing Chest Press</b>	Place your feet in a staggered stance with one foot forward. Contract your abs. Use a fitness band or cable. Keep your arm at shoulder level and elbow pointed back. Your right arm has the weight and your left arm is extended without weight. Now reverse your arm positions. Push the weight forward and other arm comes back.	
<b>High Knees</b>	Stand with good posture. Bring one knee up at a time in a rhythmic fashion and tap each knee. Keep your heart rate up. throughout.	
<b>Side Plank</b>	Lie on your side with heels and elbow in contact with the floor. Keep body in one straight line from your head to your toes.	

<p><b>Spiderman Push Up</b></p>	<p>Slowly lower yourself down until you are 2 inches off the ground. As you lower yourself, slowly bring one knee up to your elbow. Keep your foot off the ground as you do so. Push through your chest, shoulders and triceps to return to the start position.</p>	
<p><b>Kneeling Cross Body Pull</b></p>	<p>Get on one knee while holding a fitness band or cable. Brace your abs, then rotate to one side, bringing the weight back into a row.</p>	





**Circuit IV workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>DB Side Plank</b></p>	<p>Begin in a push up position with feet together while holding a dumbbell with your right hand. Elevate your body onto your left side keeping your body in alignment from your shoulders to your ankles. As you elevate to one side, lift the dumbbell across your body and extend from your shoulder.</p>	
<p><b>Spiderman Push Up</b></p>	<p>Slowly lower yourself down until you are 2 inches off the ground. As you lower yourself, slowly bring one knee up to your elbow. Keep your foot off the ground as you do so. Push through your chest, shoulders and triceps to return to the start position.</p>	
<p><b>Tricep Dips</b></p>	<p>Sit on the floor with your feet in front of you and your arms behind you with palms facing down. Place your feet firmly on the ground. Push yourself up until your arms are straight.</p>	
<p><b>DB Rows</b></p>	<p>Lean forward at the waist while tightening your abs. Bring the dumbbells straight back, squeezing your back muscles while you pull your elbows back.</p>	

<p><b>High Knees</b></p>	<p>Stand with good posture. Bring one knee up at a time in a rhythmic fashion and tap each knee. Keep your heart rate up throughout.</p>	
<p><b>Mountain Climbers</b></p>	<p>Get in a plank position, then bring in one knee at a time while squeezing your butt muscles.</p>	



**Circuit V workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Plank Row</b></p>	<p>From a push up position, place each hand around a dumbbell. Lift right elbow up toward ceiling while squeezing your shoulder blade. Keep elbow in close to your body.</p>	
<p><b>Squat to Press</b></p>	<p>Begin in a wide stance with toes slightly pointed out. Place your dumbbell in your right hand. Start in a squat position with dumbbell on the ground. Raise your hand out above your head as you raise your body up. Bend your knees and lower the dumbbell back to the ground.</p>	
<p><b>Partial Squat to Rotate</b></p>	<p>Place one leg on top of a fitness ball and extend the leg to the side. Lower your body to a full squat position while sitting back on your heels. As you raise your body up, begin rotating away from the ball until you are in a standing position.</p>	
<p><b>Lunge to Press</b></p>	<p>Perform walking lunges and press a dumbbell or medicine ball above your head with each step.</p>	




## Upright Crunches




Balancing on your hips, sit upright and bring in one knee at a time. Alternate between the two of them.







## LOWER BODY CIRCUITS



**Circuit I workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>DB Squats</b></p>	<p>Stand with your feet slightly further than shoulder width apart. Sit back and down as low as possible. Make sure your knees do not extend too far forward. Push through your heels to return to your start position.</p>	
<p><b>Stiff legged DB Deadlift</b></p>	<p>Place your feet hip width apart, abs tight and holding a dumbbell in each hand. Bend your knees slightly and keep your back straight. Lower the dumbbells down your legs toward the floor (making sure to keep your back flat) until you feel a stretch in the hamstrings.</p>	
<p><b>Reverse Lunge to Kick</b></p>	<p>Stand with your feet shoulder-width apart. Tighten your abs. Step backward with one leg, resting the toe on the ground. Squat straight down with the back leg supporting your body weight. Lower yourself until your thigh is parallel to the floor. Push through your heels to return to the start position. Kick out at the top of the movement. Repeat with the other leg.</p>	






<p><b>Elevated Hip Lift</b></p>	<p>Start on your side in a plank position. Elevate your hips then raise your top leg with toes pointed forward.</p>	
<p><b>Split V's</b></p>	<p>Lie on your back with legs in a stretched V. Reach up and through your legs. Return and repeat.</p>	
<p><b>Plie Squats with Lift</b></p>	<p>Place feet wider than shoulder width apart and toes pointed out and away from your body. Squat down while holding a dumbbell with both hands. Lift heels at the end of the movement.</p>	

**Circuit II workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Split Squat</b></p>	<p>Stand with arms in front of you and one foot on a bench or step. Squat down by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor.</p>	
<p><b>Ball Curls</b></p>	<p>Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips up until they are in line with your shoulders and ankles. Bend your knees and roll the ball towards your body. Remember not to drop your hips.</p>	
<p><b>Alt. Arm and Leg Lift</b></p>	<p>Kneel on a mat and place your hands on the mat under your shoulders. Contract your abs and keep a flat back. Raise one hand and opposite leg simultaneously. Palms are facing in with thumbs up. Leg extends straight out from your hip.</p>	
<p><b>Squats</b></p>	<p>Stand with your feet slightly further than shoulder width apart. Sit back and down as low as possible. Make sure your knees do not extend too far forward. Push through your heels to return to your start position.</p>	

<b>Side V Ups</b>	Lie on your side. Raise your upper body and legs to meet in a side crunch position.	
<b>Hip Lift</b>	Lie face up with your legs bent. Place one foot flat on the floor and pull the other knee up towards your chest with your hands. Push through your heel to lift your glutes off the ground. Keep your abs contracted and your pelvis neutral.	

**Circuit III workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Reverse Lunge to Kick</b></p>	<p>Stand with your feet shoulder-width apart. Tighten your abs. Step backward with one leg, resting the toe on the ground. Squat straight down with the back leg supporting your body weight. Lower yourself until your thigh is parallel to the floor. Push through your heels to return to the start position. Kick back leg to the front before returning to start position.</p>	
<p><b>Split V's</b></p>	<p>Lie on your back with legs in a stretched V. Reach up and through your legs. Return and repeat.</p>	
<p><b>Booty Blast</b></p>	<p>Get in a plank position. Lift one leg up while squeezing butt muscles.</p>	
<p><b>Upright Crunches</b></p>	<p>Balancing on your hips, sit upright and bring in one knee at a time. Alternate between the two of them.</p>	
<p><b>Jumping T's (30 seconds)</b></p>	<p>Exactly like jumping jacks except extend your arms into a T position</p>	





## Lunge to Curl

Place your back foot on a stair or bench and move into a lunge. Bring your dumbbells into a bicep curl.





**Circuit IV workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.




Exercise	Instructions	Photo
<p><b>Squat to Press</b></p>	<p>Begin in a wide stance with toes slightly pointed out. Place your dumbbell in your right hand. Start in a squat position with dumbbell on the ground. Raise the dumbbell above your head into a press.</p>	
<p><b>Lunge to Press</b></p>	<p>Perform walking lunges and press a dumbbell or medicine ball above your head with each step</p>	
<p><b>Bench Bridges</b></p>	<p>Lie with your back flat on the floor and your knees bent, feet resting on a bench or step. Squeeze your butt muscles and raise your body.</p>	
<p><b>Alternating Arms and Legs</b></p>	<p>Tighten the abdominal muscles and slightly squeeze the buttocks in order to press the small of your lower back into the floor. Alternate arm and leg movements together so the left arm is slowly extended overhead while at the same time the left leg is lifted.</p>	
<p><b>Jump Rope (or jumping jacks 30 seconds)</b></p>	<p>Keep your heart rate up throughout.</p>	



## Ab Clap

Lie on your back with one leg extended and one knee bent. Clap your hands behind your bent knee.



**Circuit V workout:** Warm up 5 minutes. Perform 12 to 15 reps for each exercise. Rest 1 minute between circuits. Repeat.

Exercise	Instructions	Photo
<p><b>Dumbbell Split Squat</b></p>	<p>Stand with dumbbells grasped to each side. Place one foot forward and other foot behind on a bench. Squat down by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by pushing through your forward foot.</p>	
<p><b>DB Deadlifts</b></p>	<p>Start with feet shoulder width apart and toes pointed out slightly. Squat down with a straight back and tight abs. Hold one dumbbell in one hand. Push through your heels to come to a standing position.</p>	
<p><b>Cross Body Plank</b></p>	<p>Start in a plank position. Bring in one knee towards your opposite shoulder. Keep your abs tight throughout the movement.</p>	

<p><b>Standing Oblique Crunch</b></p>	<p>Stand with good posture holding a dumbbell and knees slightly bent. Lift one leg and cross your body over towards the bent leg into a side crunch.</p>	
<p><b>Ball Curls</b></p>	<p>Lie on your back with your arms at your side. Place your legs on top of an exercise ball. Raise your hips until they are in line with your shoulders and ankles. Bend your knees and roll the ball towards your body. Remember not to drop your hips.</p>	
<p><b>Jump Rope (or jumping jacks 30 seconds)</b></p>	<p>Keep your heart rate up throughout.</p>	

