

30 Minute Circuit - Betty

ROUND 1: UPPER BODY	ROUND 2: LOWER BODY	ROUND 3: CORE
Low-Mid-High Row (face anchor)	Long Lunge Pulses - L (face anchor)	Plank to Push Up (toes in)
Bicep Curl to Swimmer Pull (face anchor, offset)	Long Lunge Pulses - R (face anchor)	Pike on Elbows (toes in)
Split Fly (face anchor)	Wide Legged Squat Holds (face anchor)	Moving Side Plank – L/R (toes in)
Atomic Push Ups (toes in)	Squat Jumps (face anchor)	Crow Prep (toes in)
Burpees	Sprints	Box Jumps/Step up to balance