

*30 Minute Circuit - Magda*

<b>ROUND 1: UPPER/LOWER BODY</b>	<b>ROUND 2: CORE</b>	<b>ROUND 3: MOBILITY &amp; STRETCH</b>
<b>Bicep Clutch</b>	<b>Kneeling Roll-Out</b>	<b>T Spine Rotation</b>
<b>W Fly</b>	<b>V-Ups</b>	<b>Standing Hip Extension</b>
<b>Chest Press, Single Leg</b>	<b>Crunch on elbows</b>	<b>TRX Diagonal Reach</b>
<b>TRX Pull Press</b>	<b>Single Leg Plank - L</b>	<b>Lower Back Stretch</b>
<b>TRX Squat Row</b>	<b>Single Leg Plank - R</b>	<b>Kneeling Quad Stretch</b>
<b>Single Leg Hip Hinge</b>	<b>Dolphin Pike w/Wide Legs</b>	<b>Kneeling Hip Flexor Stretch</b>
<b><i>Cardio</i></b>	<b><i>Cardio</i></b>	<b><i>Cardio</i></b>