**30 Minute Circuit**

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| **WARM UP (10 OFF / 30 ON) – 10 SETS** |
| Squat | Side Lunge |
| Low Row | Golf Rotation – Both Arms |
| Squat Row | Hip Hinge - Left |
| Forward Lunge – I Fly | Hip Hinge - Right |
| Forward Lunge – Y Fly | **RECOVERY: 30 SECONDS** |
| Forward Lunge – T Fly |
| **DURATION:** | **7:10** |

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| --- | --- | --- | --- |
|  | **ROUND 1:** | **ROUND 2:** | **ROUND 3:** |
| 45 ON15 OFF |  |  |  |
| 45 ON15 OFF |  |  |  |
| 45 ON15 OFF |  |  |  |
| 45 ON15 OFF |  |  |  |
| **CARDIO:**30 SEC. |  |  |  |
| **RECOVERY:** | **60 SECONDS** | **60 SECONDS** | **60 SECONDS** |
| **TOTAL TIME: 16:30** | **5:30** | **5:30** | **5:30** |

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| **COOL DOWN (30 ON / 10 OFF) – 9 SETS** |
| Lower Back Stretch | Long Torso Twist - Left |
| Lower Back Stretch with Rotation – Left/Right | Long Torso Twist - Right |
| Upper Body Stretch | Standing Figure 4 - Left |
| Hip Hinge (Offset Stance) - Left | Standing Figure 4 - Right |
| Hip Hinge (Offset Stance) - Right | **DURATION: 6:10** |