

# **Circuit 1 Exercises**

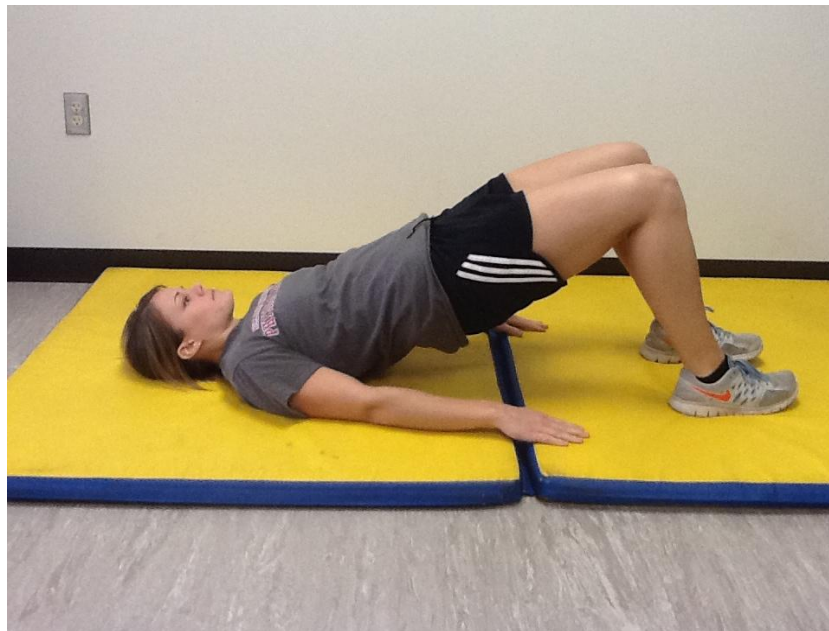
**(Repeat 3x)**

# Bridges

15 reps with 3 second hold



**Position 1**



**Position 2**

# Prone Static Planks

Hold for 30 seconds



# Lateral Planks

Hold for 15 seconds on each side



# Core Bicycling

30 reps (15 each direction)



**Position 1**



**Position 2**



# Row with T-band

15 reps with 3 second hold



**Position 1**



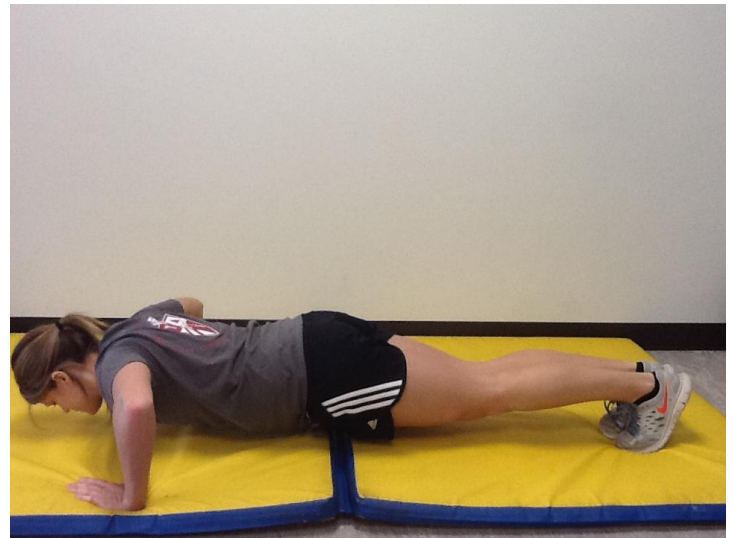
**Position 2**

# Push-ups

15 reps



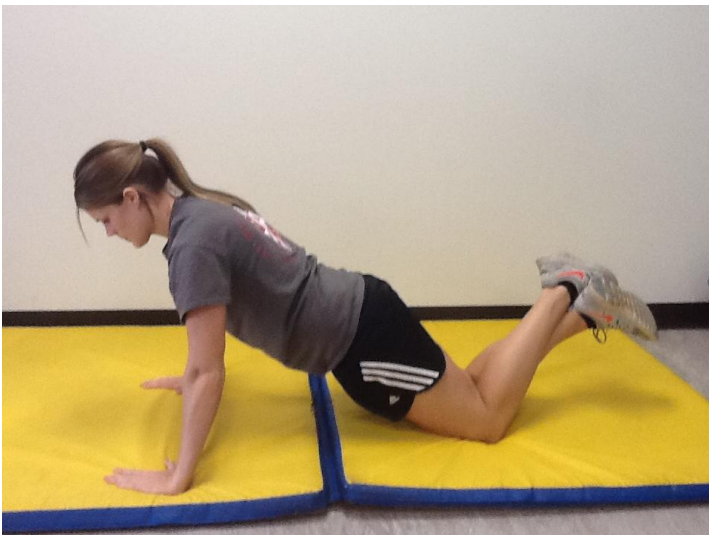
**Position 1**



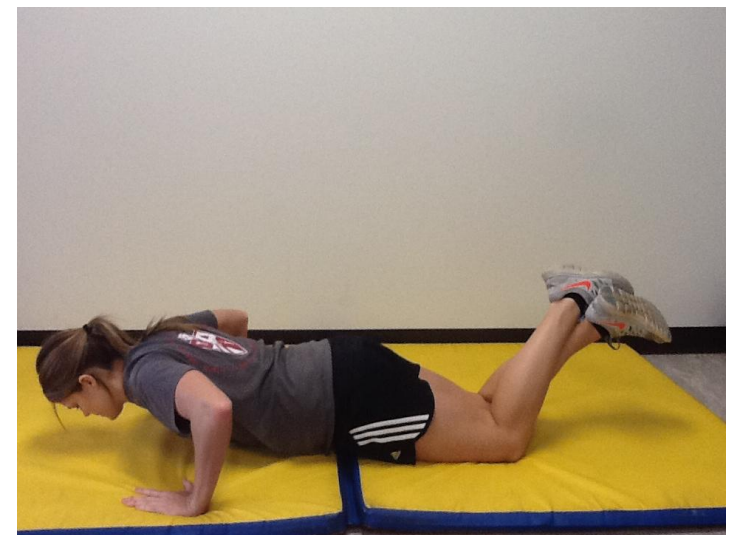
**Position 2**

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\*\*If the person is unable to do a regular push-up, they can do a modified push-up instead (pictured below).



**Position 1**



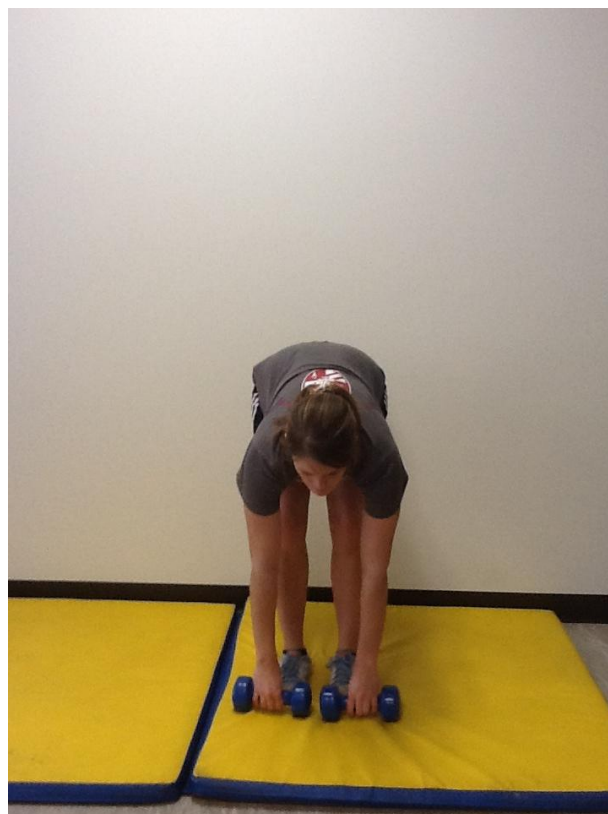
**Position 2**

# Dead Lift with Dumbbells

15 reps



**Position 1**



**Position 2**



**Position 3**



# Side-stepping with T-band at Knees

15 steps each direction



**Position 1**



**Position 2**