

FitSugar Full-Body Circuit Workout

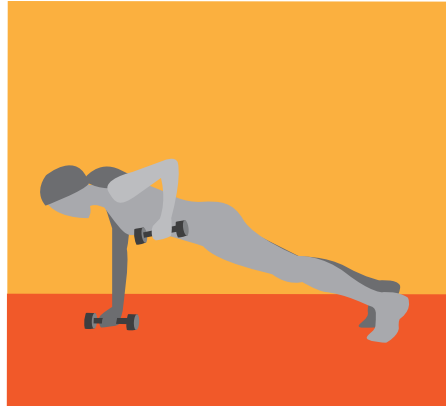
After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit. You will need a set of dumbbells between 5 and 8 pounds.

Circuit 1



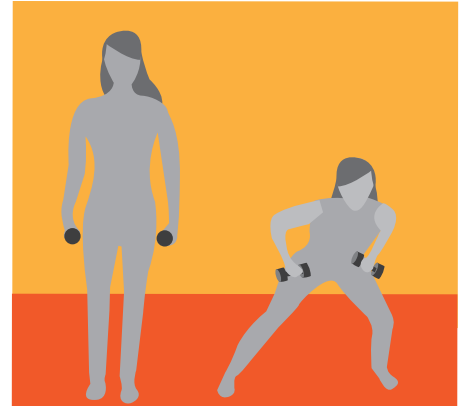
Narrow Squat With Overhead Press

15 reps



Plank With Reverse Row

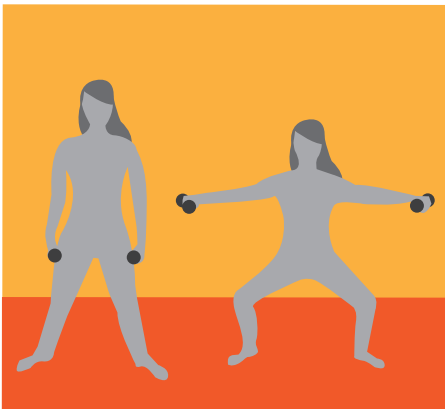
10 reps each arm, alternating arms each rep



Side Lunge

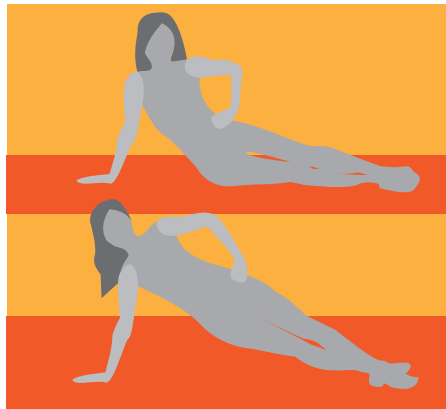
12 reps each leg, alternating legs each rep

Circuit 2



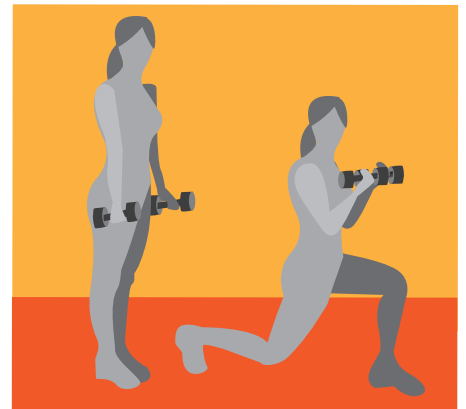
Plié Squat With Side Arm Raises

15 reps



Side Plank Push-Up

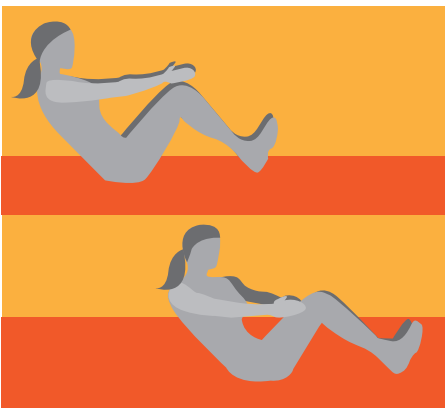
10 reps on each side



Backwards Lunge With Bicep Curls

10 reps each leg, alternating legs each rep

Circuit 3



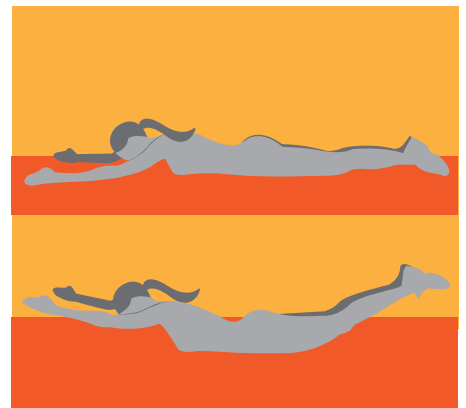
Seated Russian Twist

16 full rotations



Scissor Abs

15 to 20 reps each leg, alternating legs each rep



Superman

Hold for 30 seconds, repeat 3 times



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