

WLC10 FITNESS ROUTINES – WEEK 3

WEEK 3: STRENGTH HIIT CIRCUIT:

This workout is composed of 3 sets of 3 exercise circuits. Complete each exercise in sequence taking minimal rest between exercises, then repeat as directed before moving to the second set of 3 exercises. Aim to complete 15-20 reps per exercise using weights that are challenging for the last few reps while maintaining good form.

1. Reverse Pass-Through Lunge
2. Single Leg Deadlift to Row
3. Jump Squats (30 seconds)

REPEAT 2-3x

1. Push up Row (from knees or feet) **keep feet/knees wide*
2. Pull Through Plank (from knees or feet) **keep feet/knees wide*
3. Mountain Climbers (30 seconds)

REPEAT 2-3x

1. Tripod
2. Triceps Kickback Combo
3. Skater Drill (30 seconds)

REPEAT 2-3x

Modifications:

- Due to Nadia's fractured ankle she will not be doing any exercises that involve the single leg position or lunges. Additionally any impact/jumping exercises are modified. Instead of jump squats, she is doing regular squats and eliminating the Skater Drill.