

## **WLC10 FITNESS ROUTINES – WEEK 5**

### **WEEK 5: STRENGTH HIIT CIRCUIT:**

This workout is composed of 3 exercise circuits. Complete each exercise in sequence taking minimal rest between exercises, then repeat as directed before moving to the next circuit of exercises. Aim to complete 15-20 reps per exercise. Use a light - medium resistance band.

1. Standing Trunk Rotation OR Seated Trunk Rotation
2. Drop Lunge with Hip Abduction
3. Resisted Lateral Shuffle

REPEAT 2-3x

1. Iso-Squat Row
2. Band Press

REPEAT 2-3x

1. Hip Abduction
2. Triceps Kickback
3. Floor Burpies OR Bench Press

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. For example, instead of standing trunk rotation, she is doing seated.