

TAKE GOOD CARE FITNESS

build your own strength circuit

instructions:



1) choose 1 movement from each category below to build your *functional* full body circuit.

2) complete 8-10 *reps* of each movement from categories 1-4. complete 30-45 *seconds* of each movement from categories 5 & 6. repeat your custom circuit 2-4 *times*!

3) make it yours! listen to your body and play around with *reps*, *load*, *tempo*, and *rest* to challenge yourself!

choose
one!

movement 1

Push Up
Bench Press
Seated Overhead Press
Squat Thrust
Alt. Front/Lateral Raise

*PUSH movement - Upper body focus

choose
one!

movement 2

Single Arm Row
Bent Over Row
Renegade Row
Reverse Fly
Inverted Row

*PULL movement - Upper body focus

choose
one!

movement 3

Goblet Squat
Alternating Reverse Lunges
Walking Lunges
Bulgarian Split Squat
Box/Bench Step Up

*Quad/Knee dominant - Lower body focus

choose
one!

movement 4

Deadlift
Romanian Deadlift (RDL)
Kickstand RDL
Single Leg RDL
Hip Thrust (BB or DB)

*Hip/Hinge dominant - Lower body focus

choose
one!

movement 5

Dead Bug
Plank Pull Across

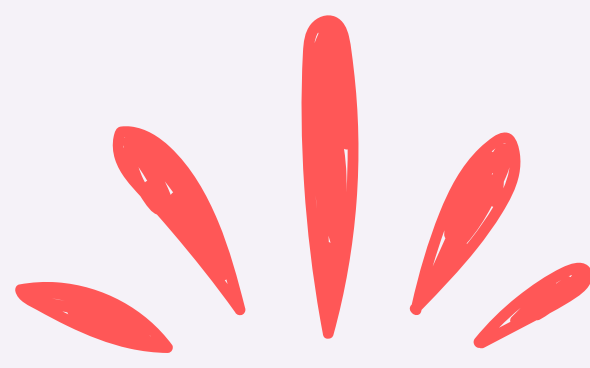
*Anti Rotation - Core focus

choose
one!

movement 6

Tuck Crunch
V Sit Hold

*Flexion - Core focus

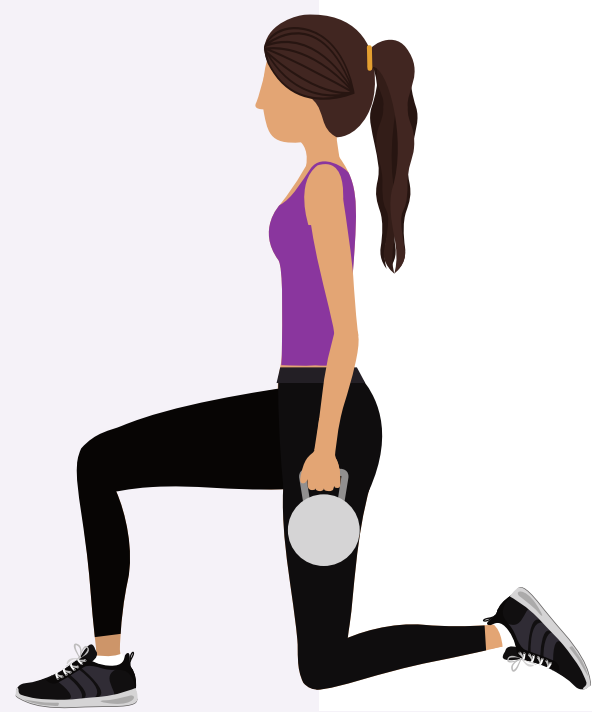


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need help getting started?
here are my faves!

circuit 1



bench press
single arm row
bulgargian split
single leg RDL

*8-10 reps of each!

plank pull across
tuck crunch

*45 seconds of each

circuit 2



squat thrust
renegade row
box step up
hip thrust

*8-10 reps of each!

dead bug
v sit hold

*45 seconds of each

tips to take it up a notch!

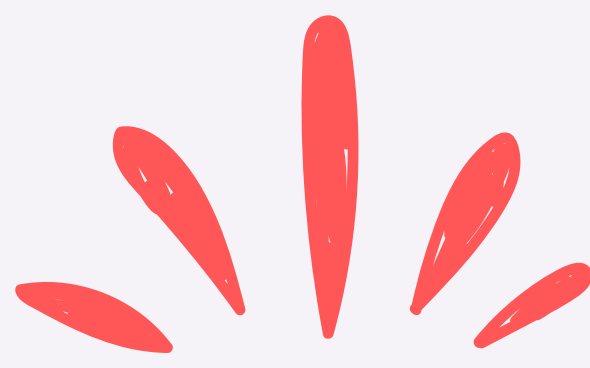


- increase the reps, up the weight, complete more sets
- choose TWO movements from each category
- create more a 2nd circuit and crush it after the first

need a little less? no prob!



- decrease the reps or complete less sets
- work all the movements using only bodyweight
- choose a movement from categories 1 & 2 - choose a movement from category 3 OR 4



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movement glossary

Push Up: start in a plank with your shoulders over your wrists, fingers spread wide hips level. contract the core, glutes, and quads - elbows come out to a 45-60 degree angle as you lower down as far as you can. press back up on an exhale. avoid dipping or worming at the low back and drop to the knees if this occurs.

Bench Press: grab 2 dumbbells and begin on your back on the bench (or on the the floor - knees bent if on the floor) and feet on the ground. retract your shoulder blades and on an exhale, contract the core (space between your back and the bench is ok), press away from the floor with your feet, and bring the weights up and together above eye level. lower the weights back down, elbows at a 45 degree angle, and press up again.

Seated Overhead Press: sit on a bench or chair or other object. grab two dumbbells or kettlebells and begin in a front racked position, one on each shoulder, palms face out. on an exhale, press the weights overhead until they meet or come close to meeting. lower them back down to your starting position. be sure shoulders are always pulling DOWN and core is engaged. avoid arching the low back during the movement.

Squat Thrust/Squat to Press: start standing with weights front racked, one on each shoulder. with feet at YOUR comfortable squat stance, evenly distribute the weight into each foot as you send the glutes back into your squat - core is turned ON. on an exhale, stand up as you press the weights overhead simultaneously - use that momentum. squeeze the cheeks at the top (!) but avoid extending the hips forward. bring the weights back to the shoulders as you squat down for you next rep! aim for a fluid movement!

Alternating Front/Lateral Raise: stand firmly on the feet with a slight bend in the knees and a weight in each hand - arms are fully extended. on an exhale, raise the weights up and out in front of you until parallel to the ground. lower weights back to starting. next, raise the weights out laterally to the side until parallel to the ground and bring them back to starting. work to generate the movement ONLY from the shoulders - eliminate any momentum from the rest of the body (arch the back, 'hoisting', etc) to raise the weights. alternate between these two movements.

Single Arm Row: begin in a 'table' position with one knee kneeling on the bench and the same side hand plants on the bench and supports directly under the shoulder - the other leg comes out diagonally to create a strong, triangular base - hips are level. the free hand holds the weight. contract the core, lock the shoulder down and back to activate the lat muscle, and row the weight into the bottom of the rib cage on an exhale, elbow goes straight back and stays close to the body. lower the weight back down, arm comes to full extension. be sure the trunk stays level the entire time, avoid rotation as you row in.

Bent Over Row: with a weight in each hand, stand in a comfortable, neutral position. weight is evenly in both feet as you hinge at the hips (think about getting karate chopped in the stomach!) keep a soft bend to the knee, a flat, neutral back, and neck is aligned with the spine. arms come to the sides in full extension. contract the core, pull the shoulders down and back to activate the lat muscles, and row the weights into the bottom of the rib cage on an exhale, elbows go straight back and stay close to the body. lower the weights back down, arms comes to full extension. repeat!

Renegade Row: gripping a weight under each hand, start in a plank position - shoulders over wrists. on an exhale, lock in the core and row one weight into the rip cage, elbow goes directly back and stays close to the body. hips stay level/do not rock- lower the weight back to the ground and repeat on the other side. if hips rotate/rock, widen your feet. avoid dipping or worming at the low back. drop to the knees if this occurs.



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Reverse Fly: with a weight in each hand, stand in a comfortable, neutral position. weight is evenly in both feet as you hinge at the hips (think about getting karate chopped in the stomach!) keep a soft bend to the knee, a flat, neutral back, and neck is aligned with the spine. arms fully extend down. on an exhale, lift the weights laterally out to the side as you squeeze the shoulder blades together - keep a slight bend in the elbow and shoulders tracking DOWN (not UP to the ears!) lower the weights back down to starting. repeat!

Inverted Row: using either a TRX or a barbell - walk yourself under the bar or handles with arms full extended and legs out straight (most challenging - a reverse plank, essentially) or bent to 90 degrees. grip so the palms face you and fully extend the arms. with a fully engaged core and on an exhale, row the body up as elbows go straight back and stay close to the body - if you're using a barbell, the chest will meet the bar. if you're using a TRX, your hands will come inline with the chest. lower back down to starting and repeat.

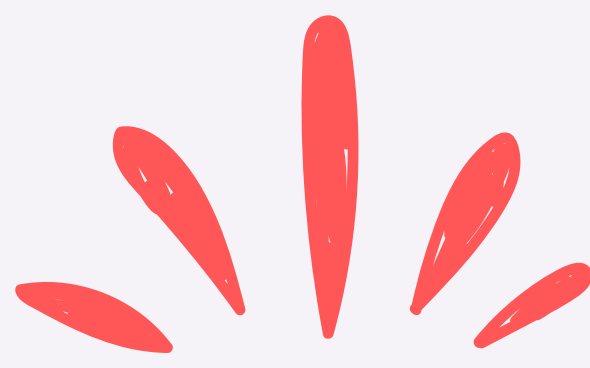
Goblet Squat: start standing in your comfortable squat position (if you're not sure what this is, jump up off the ground and see where both feet land - this will be a good starting point!) hold the weight goblet style so that it makes contact with your chest. evenly distribute the weight into each foot as you send the glutes back as if you are sitting in a chair. chest stays high! press away from the floor as you stand back up on an exhale - avoid a hip thrust forward at the top. repeat!

Alternating Reverse Lunge: with a weight in both hands (or no weight!), start standing. send one leg back and drop the knee towards the ground as the front knee bends (and tracks OUT, not in) as well. chest stays high, with a bit of a forward lean to keep the spine aligned. drive off the back toe to come back to standing and alternate sides. your stance should feel comfortable and controlled. some prefer a wider stance, some narrower. play around to see what feels best for you.

Walking Lunge: with a weight in both hands (or no weight!), start standing. send one foot forward and bend the front knee as the back knee drops towards the ground. chest stays high, with a bit of a forward lean to keep the spine aligned. drive off the back toe and step the back foot forward into your next lunge. keep walking in this lunge movement for reps or time. your stance should feel comfortable and controlled. some prefer a wider stance, some narrower. play around to see what feels best for you.

Bulgarian Split Squat/Rear Foot Elevated Split Squat: start standing in front of a bench. place your back foot on a bench, top of the foot resting on the bench. on an inhale, drop the back knee down as your front knee bends into your split squat (a wider stance will work more glute, a narrow stance will hit the quads) keeping the chest in a forward lean to maintain alignment of the spine. on an exhale, press away from the floor to come back up. your stance should feel comfortable and controlled. some prefer a wider stance, some narrower. play around to see what feels best for you. pro tip: find your stance before adding weights! avoid jumping around with weights in hand!

Box/Bench Step Up: with a weight in both hands (or no weight!), step one foot to the top of the bench or box. on an exhale with core engaged, drive off the full foot and step up with as little push/momentum from the back foot as possible. come to standing with both feet on the box and lower the back leg down to starting with control. repeat!



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Deadlift: start standing with feet about hip's width apart - lock in a micro bend in the knees. with a flat, neutral back, hinge at the hips, bend the knees and grab the bar/dumbbells (if you're using a barbell, lift slightly to let the slack out/engage the lats). rock weight back slightly to engage the hamstrings, exhale to press away from the floor and come up to a neutral standing position - avoid using the low back to stand up. repeat!

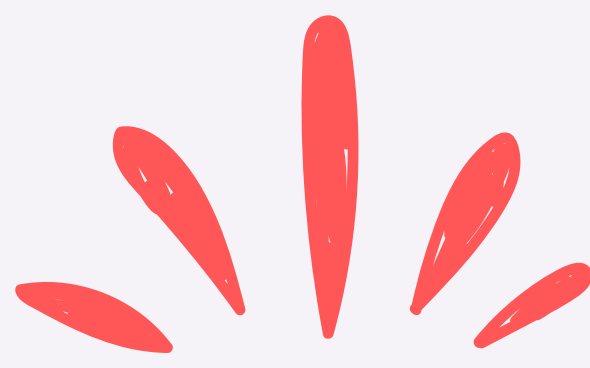
Romanian Deadlift (RDL): start standing with feet about hip's width apart - lock in a micro bend in the knees. with a weight in each hand (or no weights!), arms fully extended down in front of you. on an inhale, hinge at the hips to send the glutes back (karate chop to the stomach!) and think about 'painting' your shins with the weights (or hands). keep your back flat/neutral and the neck in line with the spine. when you feel the tension in the back of your legs, exhale to come up to a neutral standing position as you press the feet away from the floor using the strength from right where your glute meets the back of your upper leg - avoid using the low back to stand up. repeat!

Kickstand RDL: begin in a staggered stance: one foot firmly planted on the ground with a micro bend in the knee and the other comes behind with the foot flexed and only the toe on the ground. with a weight in each hand (or no weights!), arms fully extended down in front of you. on an inhale, hinge at the hips to send the glutes back (karate chop to the stomach!) and think about 'painting' your shin with the weights (or hands). keep your back flat/neutral and the neck in line with the spine. when you feel the tension in the back of your leg, exhale to come up to a neutral standing position as you press the feet away from the floor using the strength from right where your glute meets the back of your upper leg - avoid using the low back to stand up. repeat on the other side!

Single Leg RDL: begin in a staggered stance: one foot firmly planted on the ground with a micro bend in the knee and the other rests slightly behind with the foot flexed and only the toe on the ground. with a weight in each hand (or no weights!), arms fully extended down in front of you. on an inhale, hinge at the hips to send the glutes back (karate chop to the stomach!) as the back leg extends towards the wall behind you (flex the foot and 'stamp' the wall while keeping the hip internally rotated!). think about 'painting' your shin with the weights (or hands). keep your back flat/neutral and the neck in line with the spine. when you feel the tension in the back of your leg, exhale to come up to a neutral standing position as you press the feet away from the floor using the strength from right where your glute meets the back of your upper leg - avoid using the low back to stand up. repeat on the other side!

Hip Thrust: rest the shoulder blades on the bench (trust that you are secure - try not to use your arms to hold you in place) and the bar/dumbbell rests directly on your hips. knees are bent to 90 degrees as you press the hips up on an exhale - quads come parallel to the ground - squeeze the cheeks! keep a tuck in your chin throughout to maintain spinal alignment and core engagement - your back stays neutral the whole time. repeat!

Dead Bug: lay on your back with both your hips & knees bent at 90. extend opposite arm and opposite leg out while you PRESS the other hand firmly against the opposite knee/press the knee against the hand to fire up the core. once leg and arm have come to full extension, bring them back and repeat on the other side. think about drawing your rib cage towards the pelvis to engage through your core musculature.



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Plank Pull Across: start in a plank position with a dumbbell behind your right hand. lift the left hand off the ground to grab the dumbbell, pull it across and place it behind the left hand - place the left hand back down in front of the dumbbell. next, lift the right hand up to pull the weight back over to its starting position. pay close attention to the hips here and be sure to widen your feet if you feel your hips rotating at all. *this could also be done from the knees!

Tuck Crunch: start on your back with arms and legs in full extension (biceps in line with the ears, feet flexed towards you!). legs hover and on an exhale, bring the knees into the chest as the arms wrap behind the hamstrings - finger tips touch. resist the urge to grab behind the legs for stability if you can. come back to the starting position (legs hovering in extension!) and repeat.

V Sit Hold: start seated on the floor. lean back with control (spine stays neutral!) and hover the feet off the ground - if knees are bent, extend the legs out and straighten them as best you can (or keep them bent if you prefer/lose form) arms can come out straight in full extension parallel to the ground. HOLD & breathe!



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