



SFT DUMBBELL CIRCUIT

WARM-UP

BEAR PLANK TO DOWNWARD DOG
10x

RESISTED PORT DE BRAS WITH THORACIC ROTATION
6x each way, alternating sides

OPEN THE GATE/CLOSE THE GATE
5x each leg (alternating sides) open the gate; 5x each leg (alternating sides) close the gate

SIDE TO SIDE ADDUCTOR STRETCH
8x each way, alternating sides

DUMBBELL CIRCUIT

3 WAY LUNGES WITH ROTATION (holding dumbbell at chest)
5x in each direction rotating toward the lunging leg
5x in each direction rotating away from the lunging leg

DUMBBELL BURPEES (holding 2 dumbbells)
10x

SERVER TO PRESS (holding dumbbell in reaching hand)
12x each side

3 WAY LUNGE HOPS WITH FORWARD REACH (holding dumbbell at chest and reaching forward to knee height on landing)
5x in each direction on each leg

PLANK WITH THREAD THE NEEDLE TO REVERSE FLY (holding dumbbell in reaching hand)
8-10x on each side

X CHOP SQUATS (holding one heavier weight with both hands)
12x on each side

COOL DOWN

DOWNWARD DOG WITH UPPER BACK STRETCH (pull away from opposite ankle)
2x each side

ACTIVE CRAWLING HIP MOBILITY
3x through the sequence on each side