



SFT DUMBBELL CORE CIRCUIT

WARM UP

HIP MOBILITY FLOW

5 reps on each side

- From kneeling lunge, fall to outer thigh of front leg (use hands to catch!)
- Return to kneeling lunge
- Hinge hips back to hamstring stretch
- Return to kneeling lunge with arms reaching overhead
- Tuck back toes and twist towards front leg, then circle arm back to start position

STAGGERED STANCE HAMSTRING STRETCH WITH SHOULDER MOBILITY

Left Leg Forward

- 6x Letter A to Back Pockets (Internal Rotation)

Right Leg Forward

- 6x Cactus Arms to Forward Reach (External Rotation)

CIRCUIT

PERFORM 1-3 ROUNDS

KNEELING HIP HINGE WITH 3 WAY OVERHEAD PRESS (using 1 moderate dumbbell)

8 reps through the sequence

- As hips drive forward into extension,
 - reach up and back
 - twist up and to the right
 - twist up and to the left

LUNGE WITH DUMBBELL SWING TO HALO (using 1 light dumbbell)

8 reps on each side, of each variation

- Swing open as you land forward lunge, then halo and catch on opp. shoulder when returning to 2 leg stance
- Swing open in 2 leg stance, then halo and catch on opp. shoulder when landing forward lunge

2 TIME SUPERSET: RENEGADE ROW WITH PROWLER - HOLLOW HOLD (using 2 light dumbbells)

6 reps renegade row with prowler (using both dumbbells) - 20 seconds hollow hold (hold 1 dumbbell over chest, option to flutter kick)