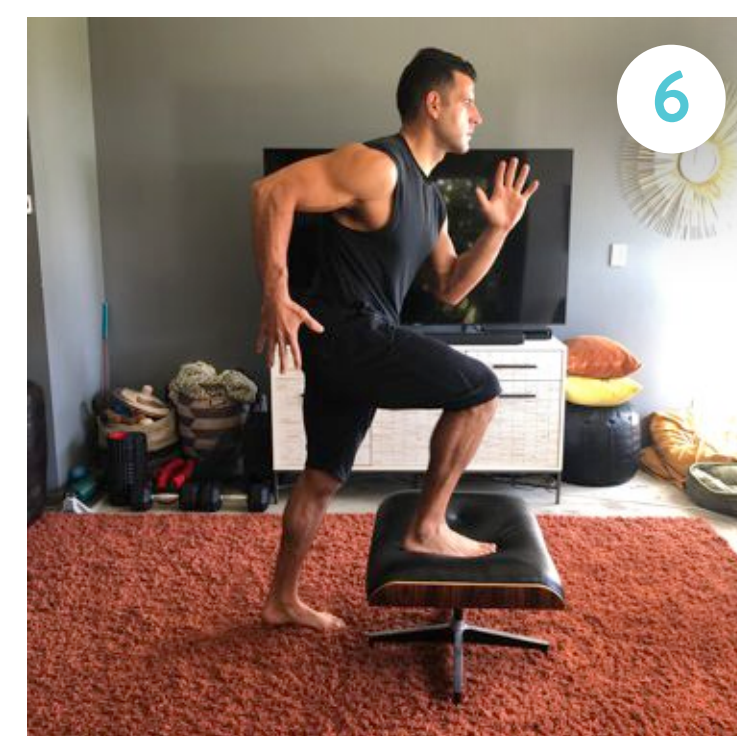
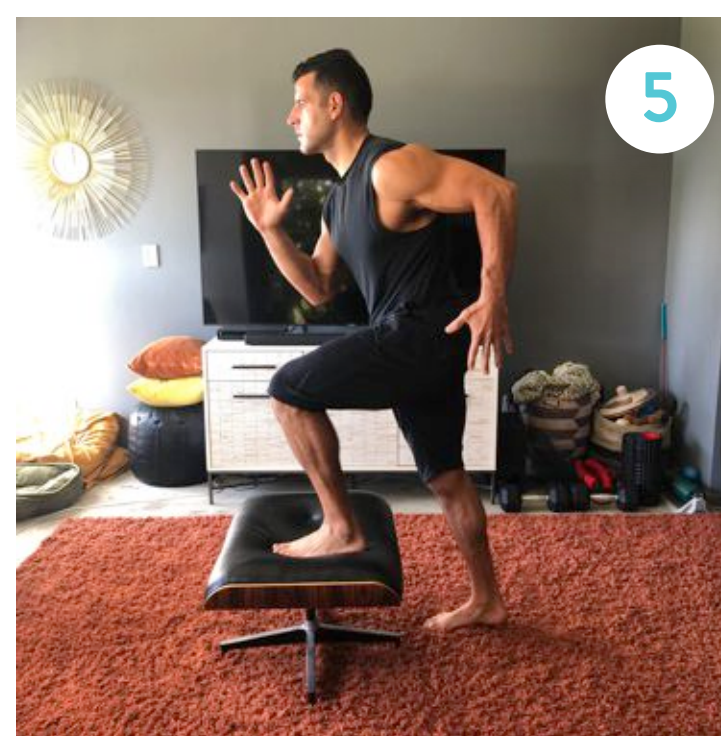
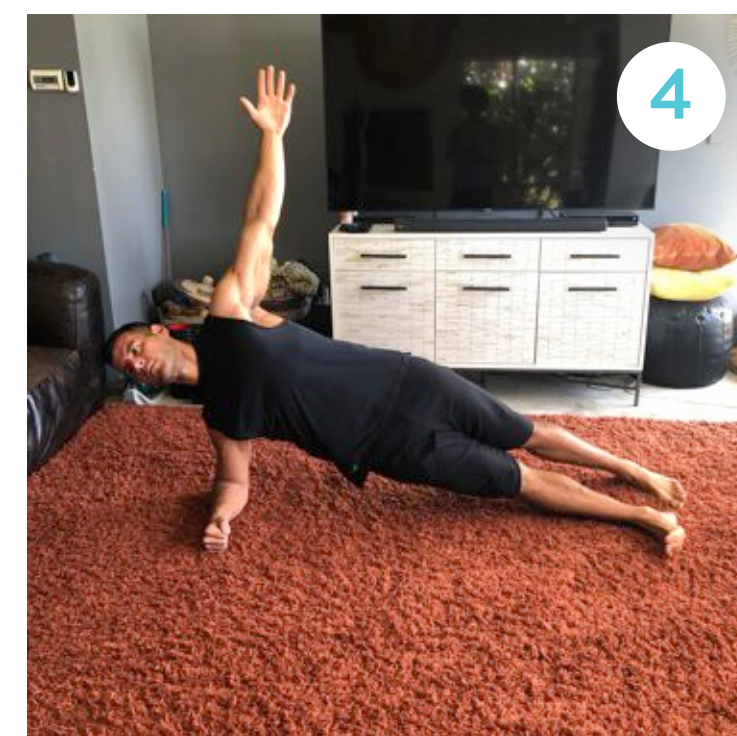
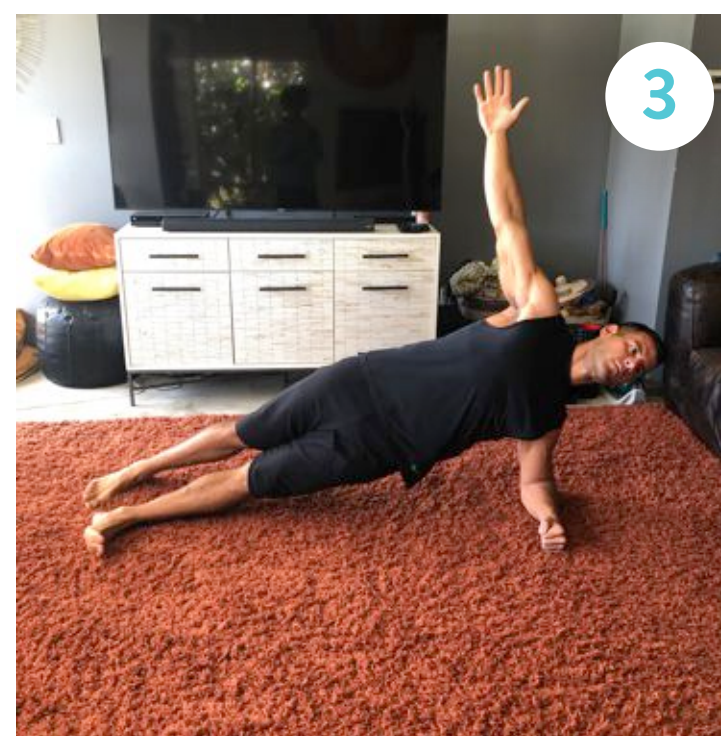
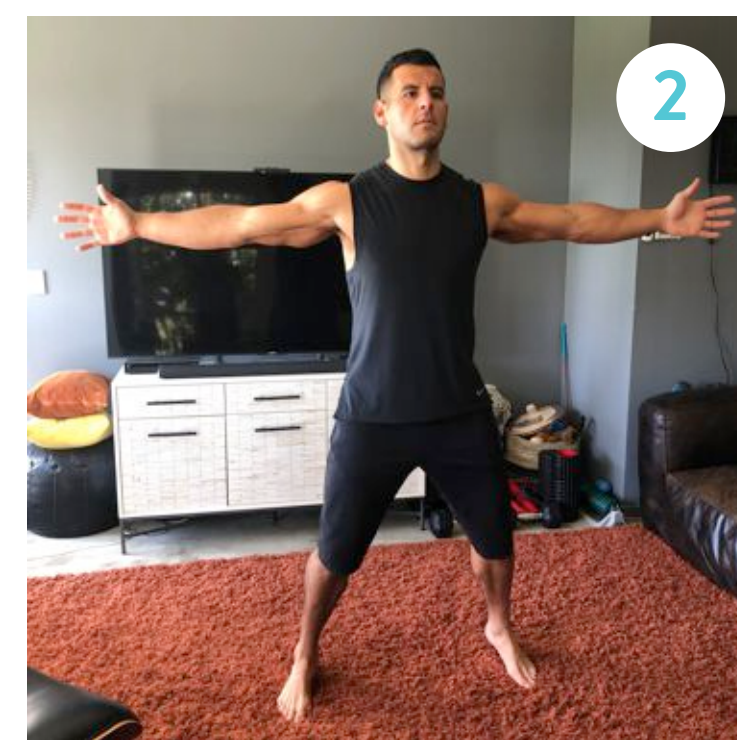
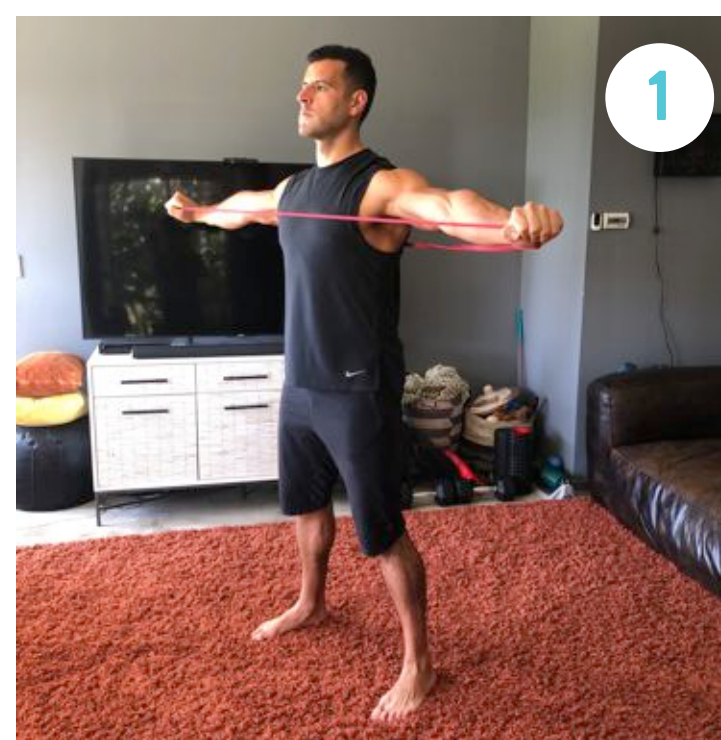


Total Body Circuit

1	Band Pull-Aparts
2	Hands-Elevated Pushups
3	Side Plank Hold <i>Left</i>
4	Side Plank Hold <i>Right</i>
5	Stepups <i>Left</i>
6	Stepups <i>Right</i>
Rest 1-2 Minutes	

That's 1 round that takes 6 minutes to complete.



See this workout at:

<https://members.thedailybj.com/beginner-bootcamp/videos/monday-workout-1>

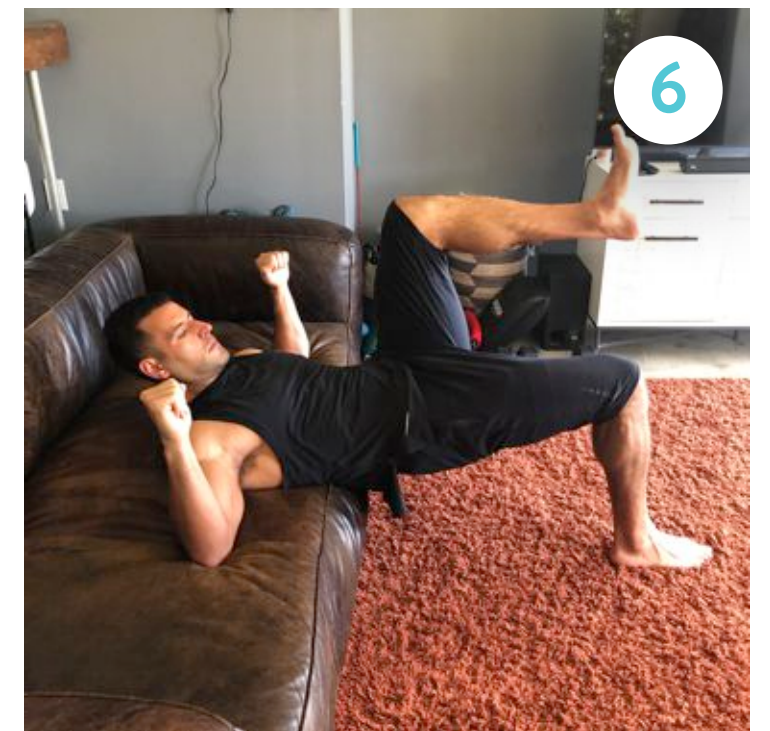
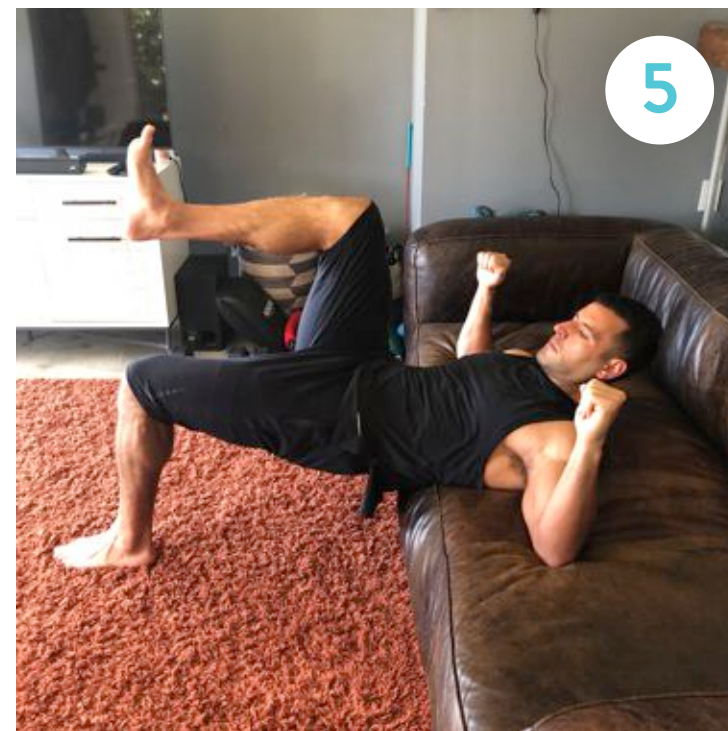
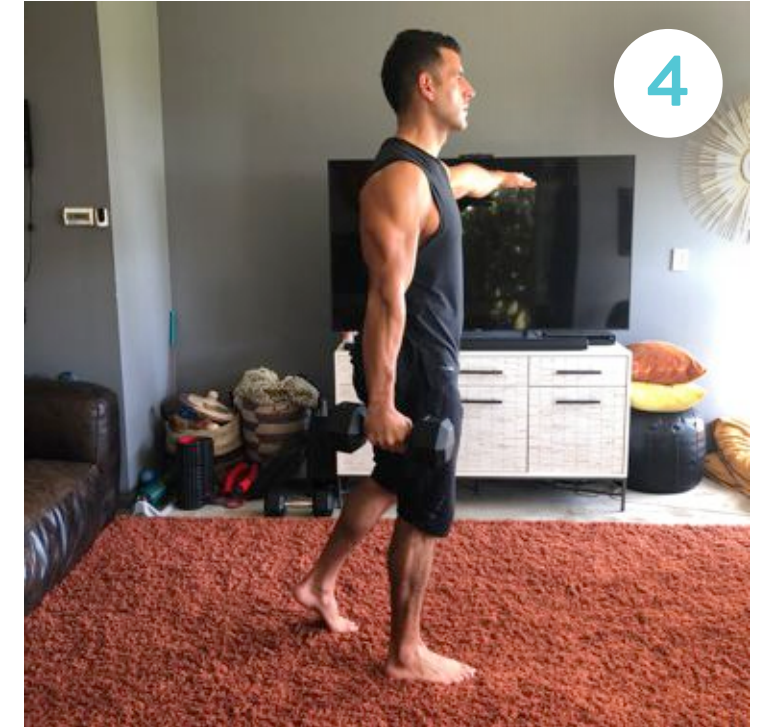
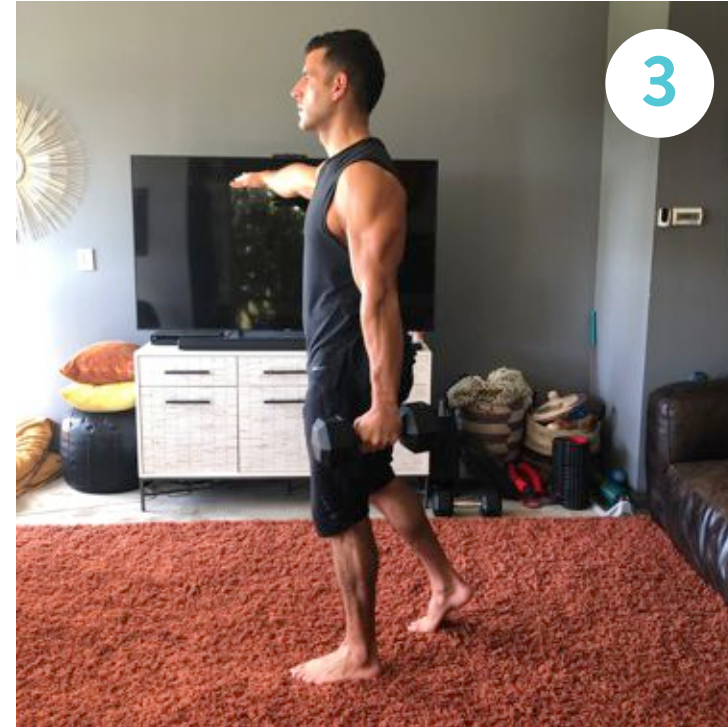
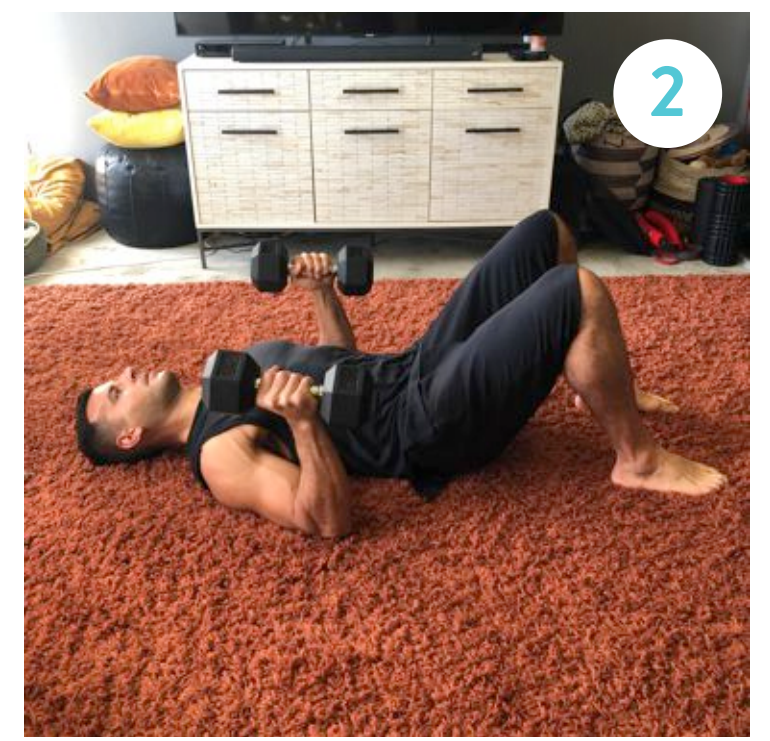
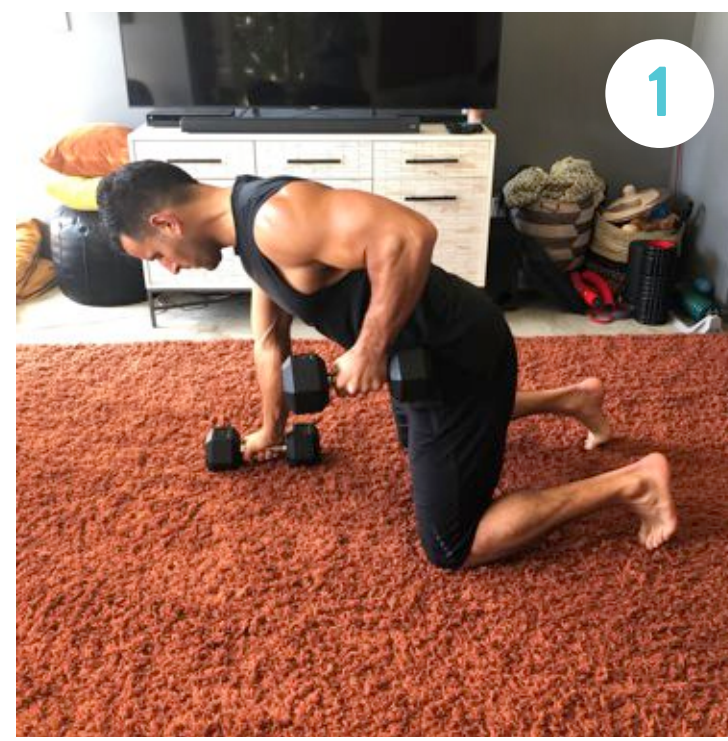
Week By Week

Week 1	30s <i>Work</i>	30s <i>Rest</i>	3 <i>Rounds</i>
Week 2	35s <i>Work</i>	25s <i>Rest</i>	4 <i>Rounds</i>
Week 3	40s <i>Work</i>	20s <i>Rest</i>	5 <i>Rounds</i>
Week 4	45s <i>Work</i>	15s <i>Rest</i>	6 <i>Rounds</i>

Total Body Circuit

1	Dumbbell Bear Rows
2	Dumbbell Floor Presses
3	1-Arm Carries <i>Left</i>
4	1-Arm Carries <i>Right</i>
5	1-Leg Hip Thrusts <i>Left</i>
6	1-Leg Hip Thrusts <i>Right</i>
Rest 1-2 Minutes	

That's 1 round that takes 6 minutes to complete.



See this workout at:

<https://members.thedailybj.com/beginner-bootcamp/videos/monday-workout-1>

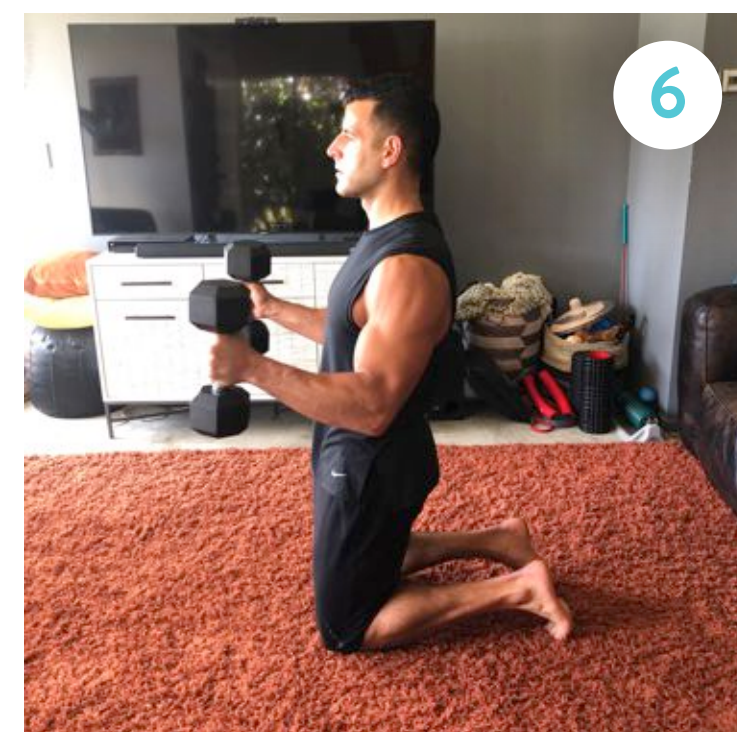
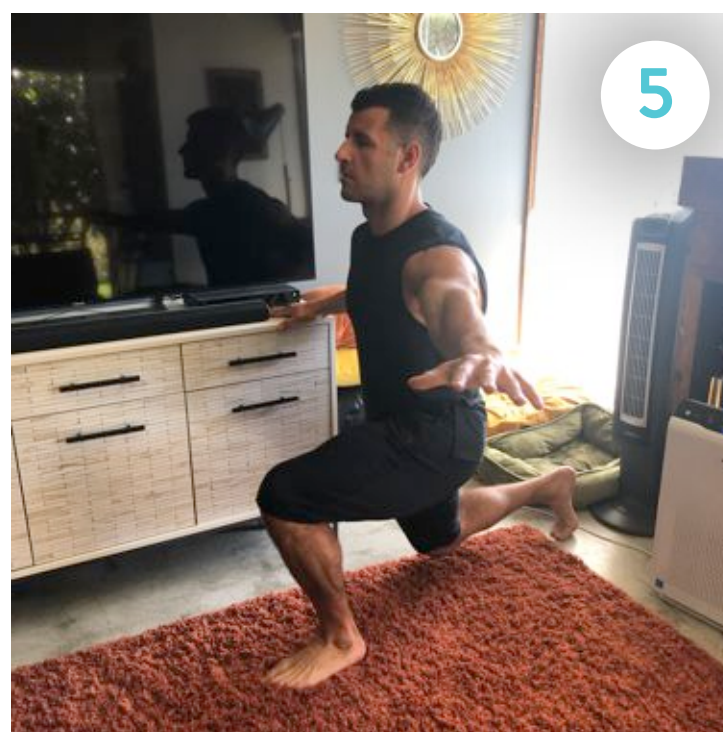
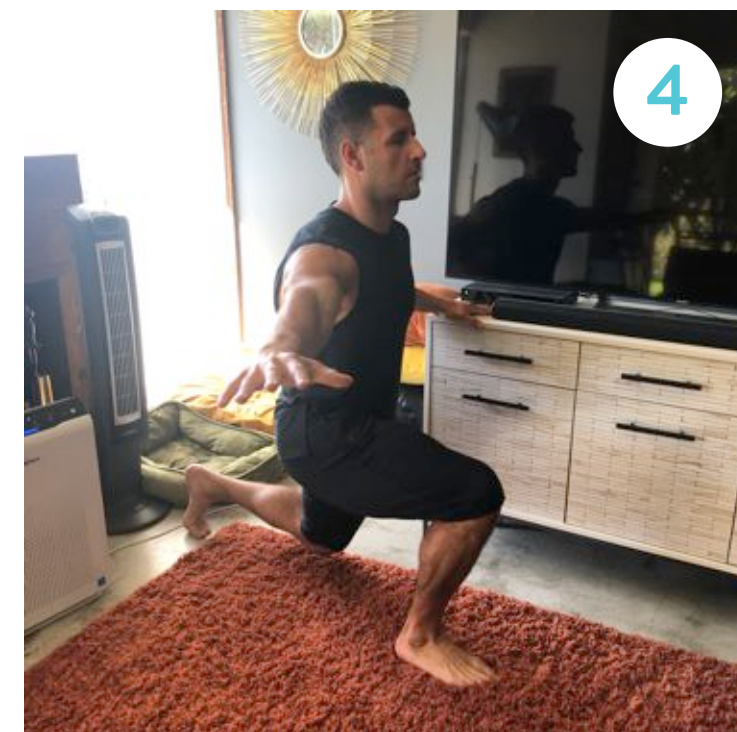
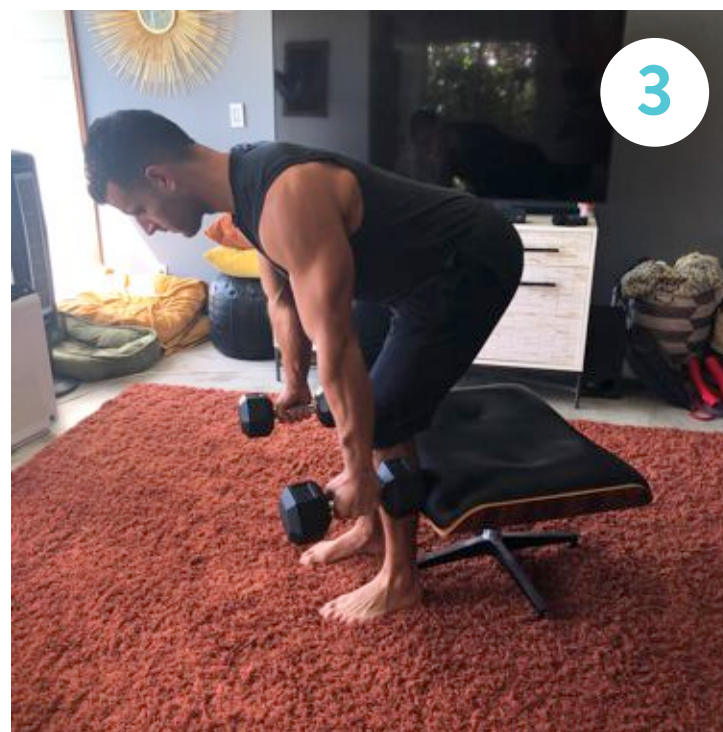
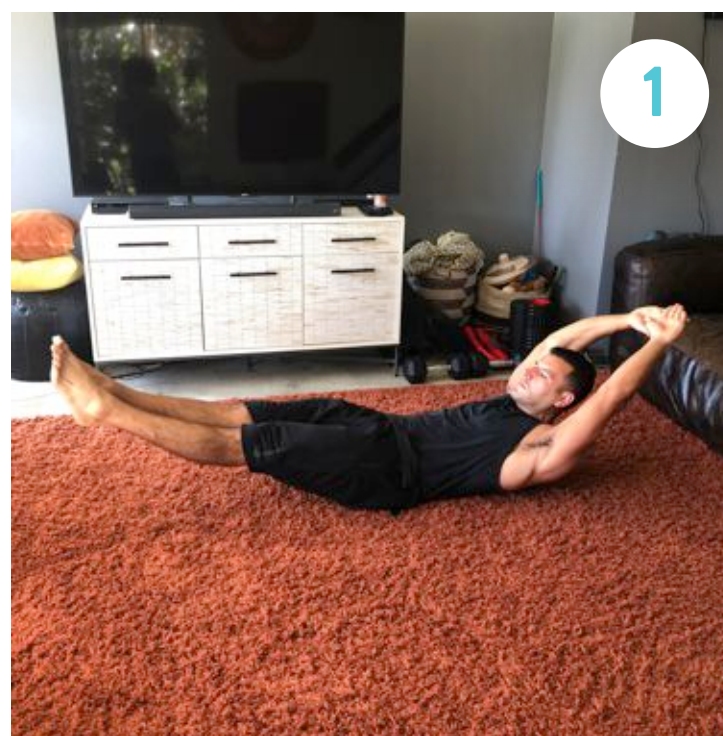
Week By Week

Week 1	30s Work	30s Rest	3 Rounds
Week 2	35s Work	25s Rest	4 Rounds
Week 3	40s Work	20s Rest	5 Rounds
Week 4	45s Work	15s Rest	6 Rounds

Total Body Circuit

1	Hollow-Body Hold
2	Dumbbell Front-Loaded Mini-Band Box Squats
3	Dumbbell Hip-Hinges
4	Self-Assisted Split Squats <i>Left</i>
5	Self-Assisted Split Squats <i>Right</i>
6	Dumbbell Tall-Kneeling Hammer Curl to Press
Rest 1-2 Minutes	

That's 1 round that takes 6 minutes to complete.



See this workout at:

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Week By Week

Week 1	30s Work	30s Rest	3 Rounds
Week 2	35s Work	25s Rest	4 Rounds
Week 3	40s Work	20s Rest	5 Rounds
Week 4	45s Work	15s Rest	6 Rounds