

## Total Body Circuit

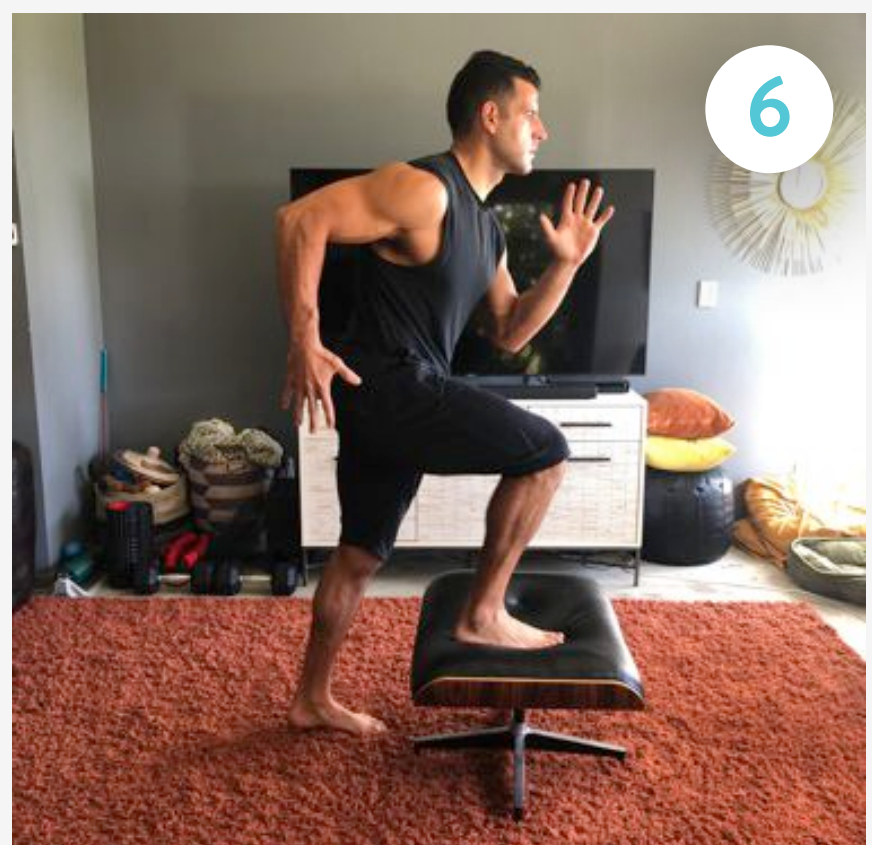
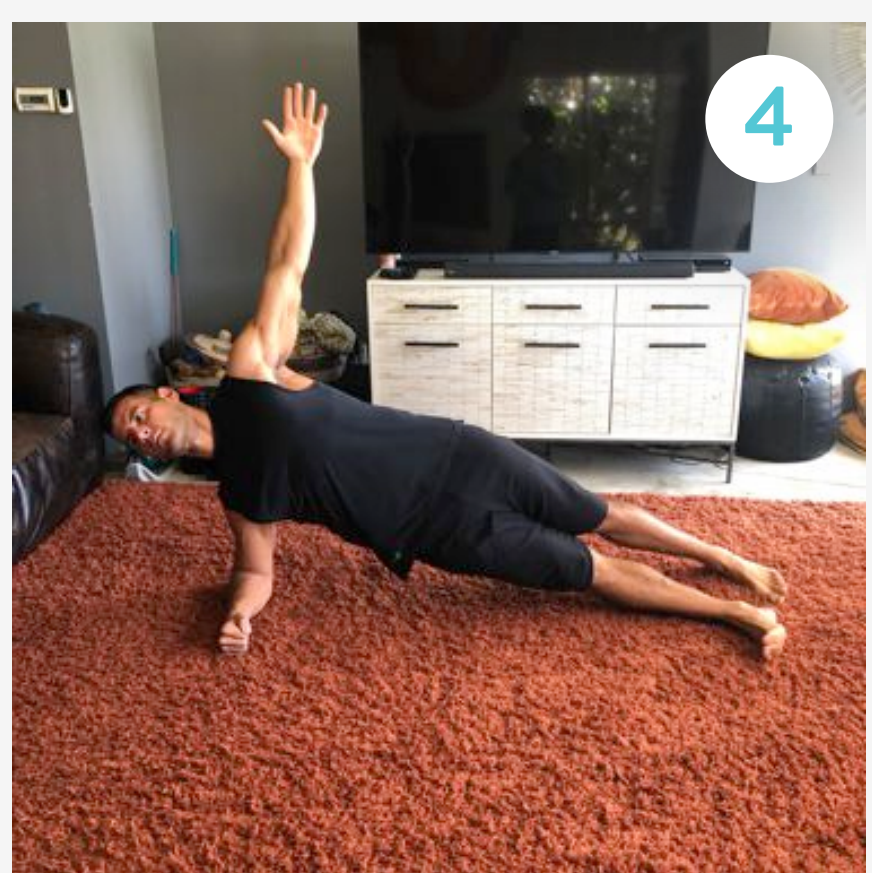
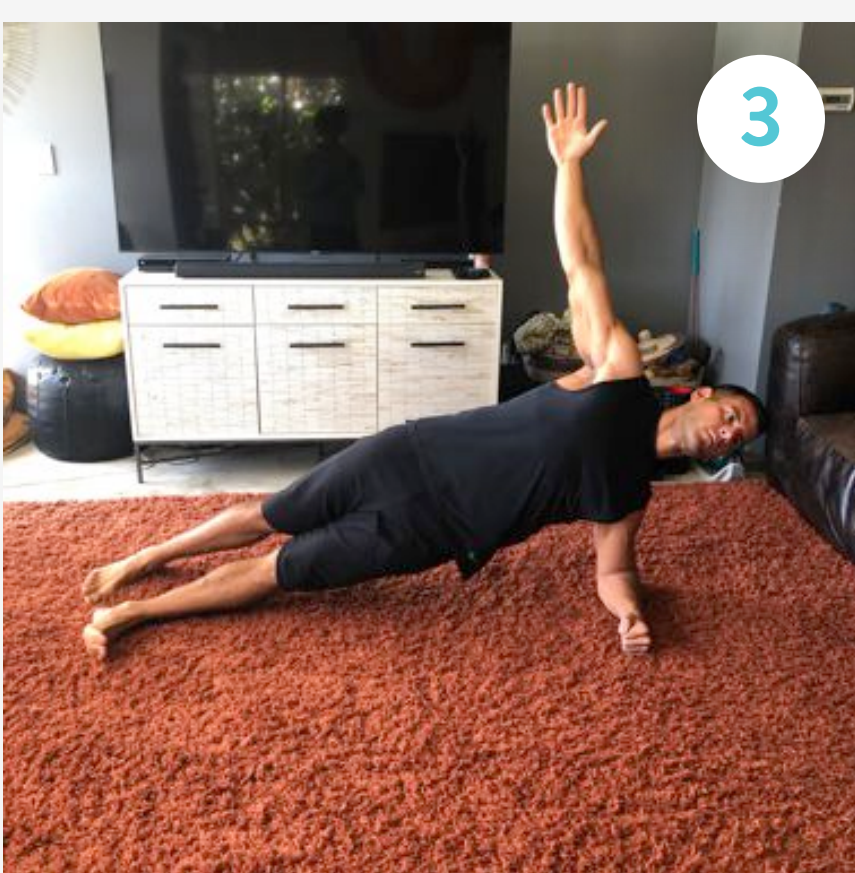
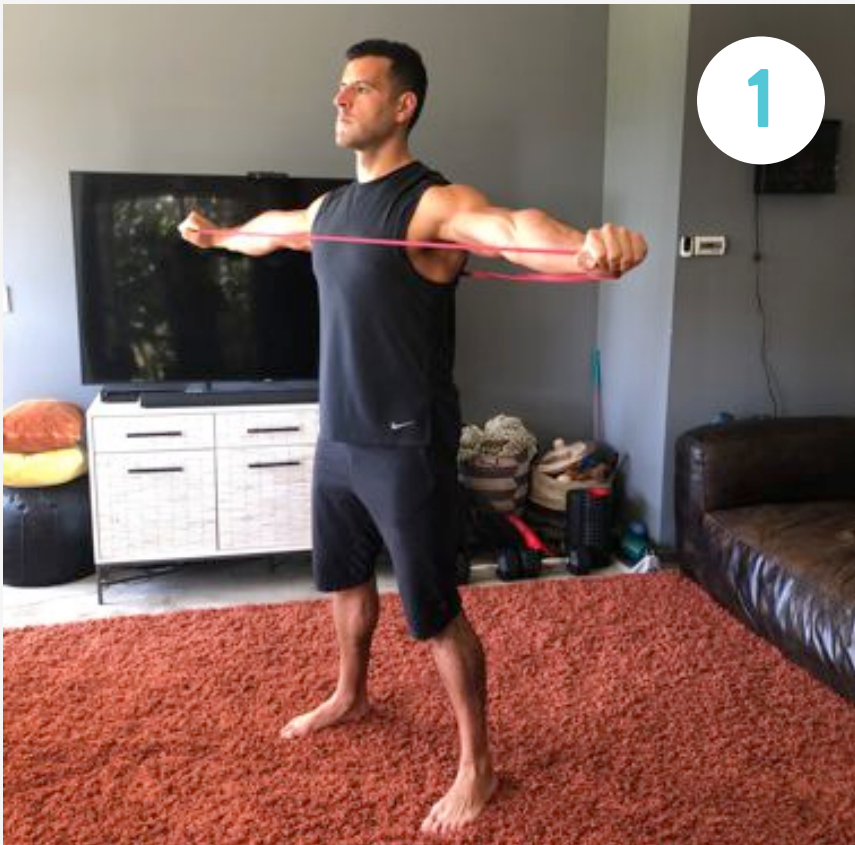
- 1 **Band Pull-Aparts**
- 2 **Hands-Elevated Pushups**
- 3 **Side Plank Hold**  
*Left*
- 4 **Side Plank Hold**  
*Right*
- 5 **Stepups**  
*Left*
- 6 **Stepups**  
*Right*

Rest 1-2 Minutes

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

## Week By Week

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



See this workout at:

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