

Total Body Circuit

1 Dumbbell Bear Rows

2 Dumbbell Floor Presses

3 1-Arm Carries
Left

4 1-Arm Carries
Right

5 1-Leg Hip Thrusts
Left

6 1-Leg Hip Thrusts
Right

Rest 1-2 Minutes

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

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

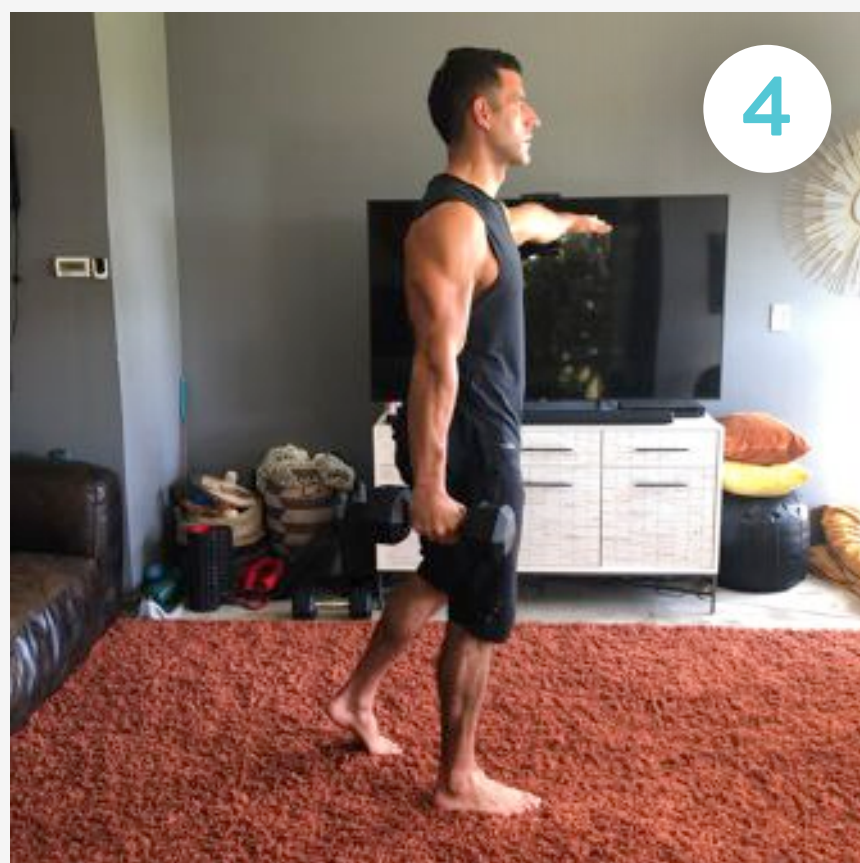
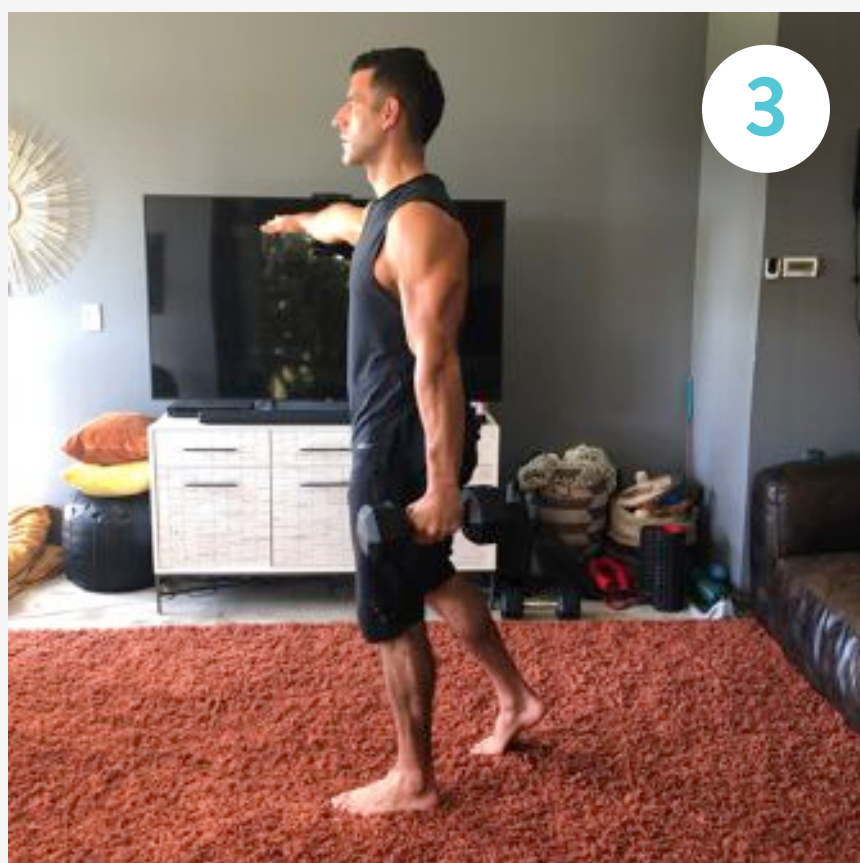
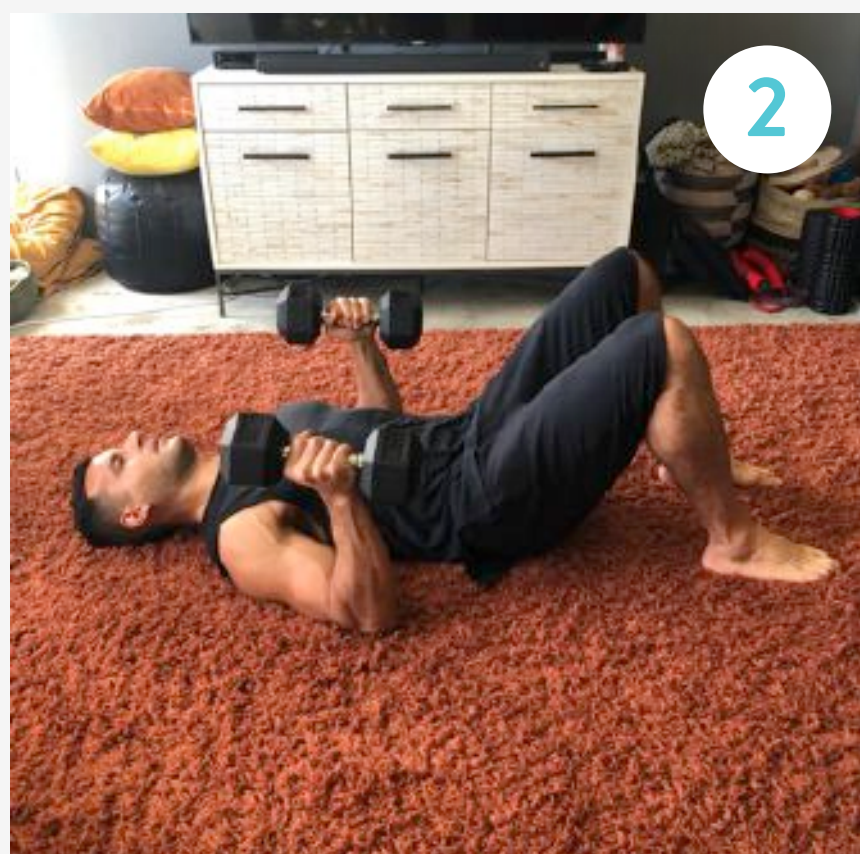
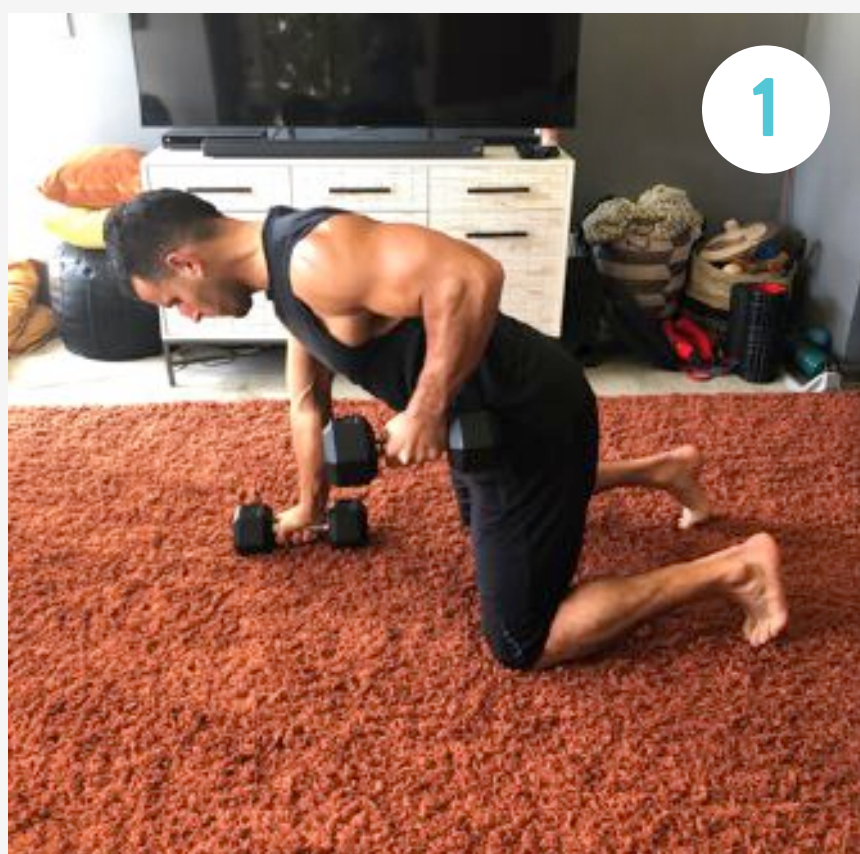
5
Rounds

Week 4

45s
Work

15s
Rest

6
Rounds



See this workout at:

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