

## Total Body Circuit

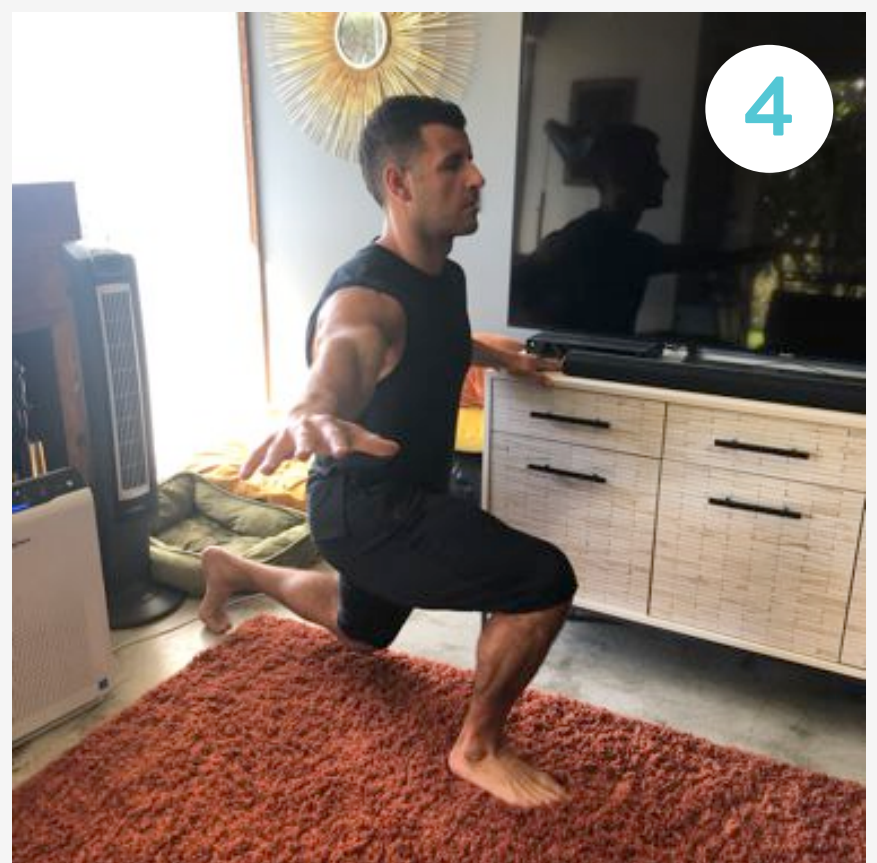
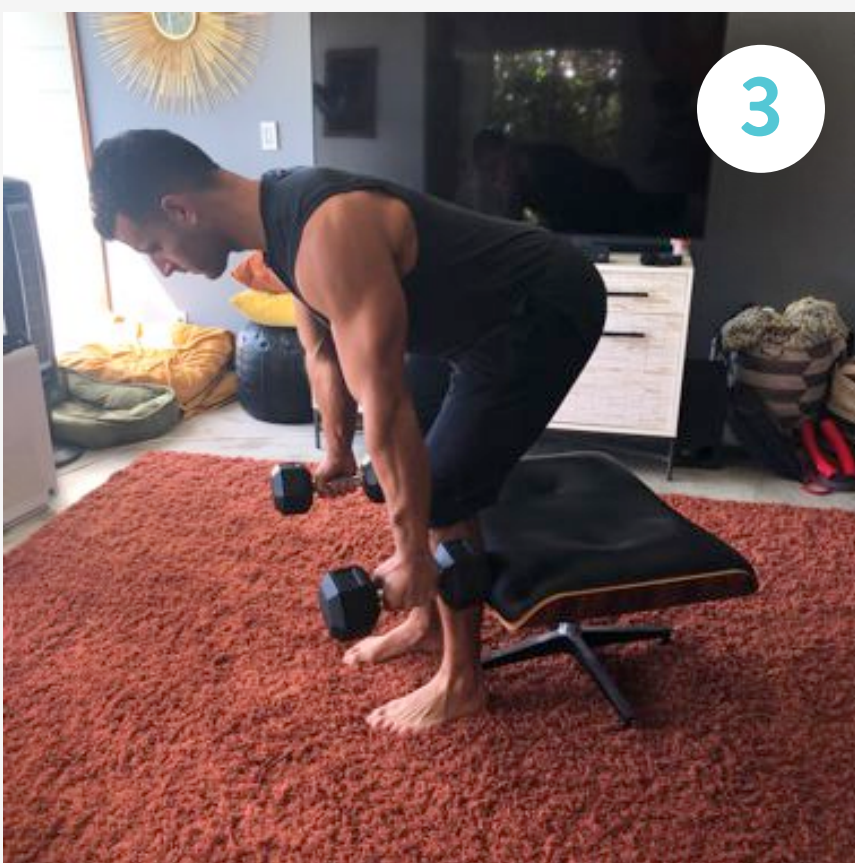
- 1 Hollow-Body Hold
- 2 Dumbbell Front-Loaded Mini-Band Box Squats
- 3 Dumbbell Hip-Hinges
- 4 Self-Assisted Split Squats  
*Left*
- 5 Self-Assisted Split Squats  
*Right*
- 6 Dumbbell Tall-Kneeling Hammer Curl to Press

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>