



General Fitness ♦ Core Training ♦ Weight loss ♦ Triathlon, Marathon ♦ Race Promotion

trainedbypaul.com

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Total body melt down. This is done with minimal equipment and is great for people who are short on time.. Another great thing about the workout is that it requires very little instruction but at the same time gets the heart rate rocking and rolling, and also sky rockets the metabolism. **THIS WORKOUT FLAT OUT DELIVERS RESULTS!!!**

Start with legs and move to chest and finally end with some back and arm.

First circuit legs

20 body weight squats

20 alternating reverse lunges

20 lunge jumps

20 squat hops

quick..1 lap

rest 30sec to 60secs

next circuit- chest

25 push ups (standard straight or modified bent knees optional)

25 dumbbell bench press

25 dumbbell or cable chest flys

15 clapping push ups

quick..2 laps

Rest 60secs

next circuit- back

30 cable low rows

30 bent over alternating dumbbell row

30 body weight (assisted if needed) pullups

30 jumping jacks

30 mountain climbers

quick..3 laps

rest 60 secs

Last circuit -arms

dumbbell curls bent bar fixed weight, as many as possible in 30 secs

Tricep kick back dumbbells as many as possible in 30 secs

Do this 1 time for 30 min. workout, or 3 times for an hour workout with about a 2 min rest after the entire circuit