

SHAPE-UP CIRCUIT

WITH WEIGHTS

Warm up with five minutes of light cardio. Grab a set of dumbbells, between five and 10 pounds, and perform each three-exercise circuit three times before moving to the next. Cool down with five minutes of stretching.

CIRCUIT 1



**REVERSE LUNGE TO
OVERHEAD PRESS**

10 reps, each side



**SIDE PLANK WITH
REVERSE FLY**

10 reps, each side



**DUMBBELL
SWING**

20 reps

CIRCUIT 2



**PLANK
WITH ROW**

10 reps, each side



**DEEP SQUAT WITH
OVERHEAD REACH**

15 reps



**WARRIOR 3 WITH
TRICEPS KICKBACK**

10 reps, each side

CIRCUIT 3



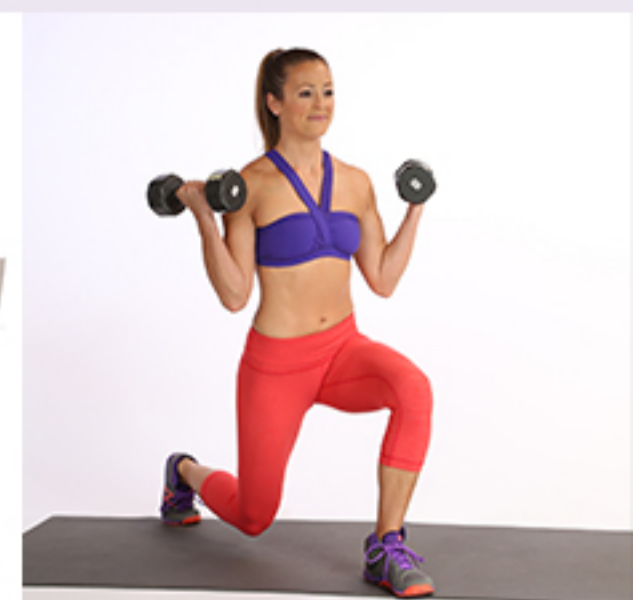
**DEADLIFT WITH
FRONT ROW**

15 reps



**V-SIT WITH SINGLE-
ARM CHEST FLY**

10 reps, each side



**SPLIT SQUAT WITH
BICEP CURL**

10 reps, each side