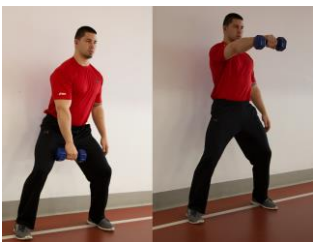


High Intensity Workout (circuit-base)

Perform 2-3 days a week with a day's rest in between

Workout duration: 30-40 minutes

Circuit 1: Perform 1 set of each exercise without rest, 1 minute rest after the first set of exercises are completed



DB Hip Thrust
3 x 10 each arm

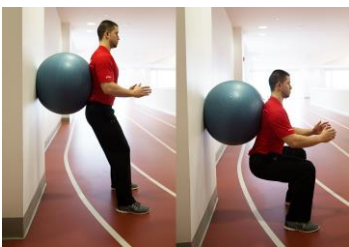


Squat and Press
3 x 12



DB Row
3 x 12

Circuit 2: Perform 1 set of each exercise without rest, 1 minute rest after the first set of exercises are completed



Stability Ball Squat
3 x 12



Overhead split squat
3 x 12



Plank Variation
30 Seconds

For more fitness advice or personal training information contact fitness@bu.edu or call (617)-358-3760

Circuit 3: Perform 1 set of each exercise without rest, 1 minute rest after the first set of exercises are completed



Stability Ball Press
3 x 12



Push up and row
3 x 10



Oblique bridge
3 x 10

Circuit 4: Perform 1 set of each exercise without rest, 1 minute rest after the first set of exercises are completed



Medicine Ball pikes
3 x 12



Hip Lifts
3 x 12



Leg Raises
3 X 12

For more fitness advice or personal training information contact fitness@bu.edu or call (617)-358-3760