

A FULLEST LIFE

WORKOUTS

CIRCUIT

UP DOWNS KNEELING

CLAP PUSH UPS

SQUAT KICKS

WALL BALLS WITH
SQUAT

MED BALL CLOCK FACE
PUSH UPS

EQUIPMENT- MEDICINE BALL

1-MINUTE PER EXERCISE

1-2 MINUTE REST IN BETWEEN ROUNDS

REPEAT ROUND 2-10 TIMES

IF TOO DIFFICULT REDUCE TIME TO 30 SECONDS PER EXERCISE