

#TeamGMS Home Circuits

1st Circuit - 5x20 Reps (30 sec after each set)

- Press ups
- Hip Thrusts
- Chinnies
- Squat Jumps (triples)
- Sit Ups
- Squat Thrusts

2nd Circuit - 3x45 Seconds (1 min rec after set)

- Sit Ups
- Chinnies
- Plank
- Hip Thrust Plank
- 65 Degree
- Heal Touches
- Super slow Sit Ups into Thrust

3rd Circuit – 3x15 Seconds (1min after each set)

- Press Up Claps
- Burpees
- Star Jumps
- Wall Sprints
- Chinnies
- Raised Hip Thrusts
(feet raised on
box/chair)

Spend 5 to 10 min rolling every day, along with static stretches of the calf, hamstrings, quads, hip flexors and glutes

You're accountable for yourself in troubled times