



**PERSONAL  
VICTORY**

PERSONAL TRAINING

**Circuit Regular**

45 Sec active / 15 sec rest. 3 Rounds

Exercise
1. BW Squat hold
2. KB Cleans Left
3. Plank to bearcrawl
4. KB Cleans Right
5. Burpees
6. Push up to beast
7. KB Swings
8. Supermans
9. Russian twist
10. KB Lunge
11. Toe touch
12. Burpees