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)

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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

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