

Short on Time?

Try our 20 minute Circuit Workout!

The below workout will kick your tail and get you in shape for beach season!

20 Minute Circuit Workout

(*Choose light weights for max reps)

1) Bench Press* or pushups-max in 1:00

2) Squats-max in 1:00

3) Pullups or pulldowns-1:00

4) Bike or Jog-3:00

5) Military Press*-1:00

6) Lunges-1:00 each leg

7) Bicep curls-1:00

8) Bike or Jog-3:00

9) Tricep Extensions-1:00

10) Leg Ext.-1:00

11) Leg Curls-1:00

12) Situps-2:00

13) Crunches-2:00

14) Stretch

Our Staff will be happy to assist you with any of the exercises!