

# FULL BODY STRENGTH CAPACITY CIRCUIT

Choose ONE exercise from 1, 2, 3, 4, 5 and 6.

Complete 5-10 rounds with no rest.

## 1. Hip-dominant variation x 6-10 Reps

*Trap bar deadlift*

*Sumo deadlift*

*Hip thrust*

*Hamstring curl (stability ball)*

*Nordics*

*Kettlebell swing*

## 2. Unilateral variation x 8-12 each leg

*Walking lunge (dumbbells)*

*Sled push*

*Dumbbell step up*

*Bulgarian split squat (dumbbells)*

*Sled drag*

*Reverse lunge (barbell)*

## 3. Pull variation x 12 reps

*Chin up or pull up*

*Lat pulldown*

*Prone Dumbbell row*

*Seated row*

*Cable or Banded Face Pull*

*Inverted Row*

## 4. Push variation x 8-12 reps

*Push up*

*Dumbbell floor press*

*Split stance overhead press*

*Barbell bench press*

*Military press*

*Machine chest press*

## 5. Squat variation x 6-8 reps

*Goblet squat*

*Single leg squat*

*Box squat*

*Barbell back squat*

*Zercher squat (barbell or sandbag)*

*Cossack squat*

## 6. Core variation x 12 reps / 20m

*Core Rollouts*

*Renegade row*

*Hanging Leg raise*

*Pallof Press*

*Farmers walk*

*One-arm farmers walk*