

FOCUS BOOST WORKOUT

CIRCUIT 2

2 MINUTE

**HOT LAVA
(HIGH KNEES)**

Target Area: Lower Body



1 MINUTE

**MOUNTAIN
CLIMBERS**

Target Area: Full Body



1 MINUTE

**TORNADOS
(LUNGE ROTATIONS)**

Target area: Lower Body



1 MINUTE

**BICYCLES
(BICYCLE CRUNCHES)**

Target area: Lower Body
& Core



WEEKLY PROGRESS TRACKER

30 min.	Set 6								
25 min.	Set 5								
20 min.	Set 4								
15 min.	Set 3								
10 min.	Set 2								
5 min.	Set 1								
TIME/SET		SUN	MON	TUE	WED	THU	FRI	SAT	