

FOCUS BOOST WORKOUT

CIRCUIT 3

2 MINUTE

**GRASSHOPPER
(KNEES TUCK SQUATS)**

Target Area: Lower Body



1 MINUTE

**GATORS
(PUSH-UPS)**

Target Area: Upper Body
& Core



1 MINUTE

**BICYLCES
(BICYCLE CRUNCHES)**

Target area: Lower Body
& Core



1 MINUTE

**CHAIRS
(SQUATS)**

Target area: Lower Body



For more details refer to p.41-45 in the book.

WEEKLY PROGRESS TRACKER

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