

Fill out date, number of repetitions, and amount of weight or time by downloading the PDF, or by using the markup tool in your photo app. Follow workout in consecutive order using descriptions for proper technique and progression. Click on exercise for description and video provided by [ACE fitness library](#).



Date:

Workout Type:	Full Body
Skill Level:	Intermediate
Duration:	45 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*

Warm-Up: Dynamic Stretching: Huggers 30 secs 2x; High Knees 30 secs 2x; Jumping Jacks 30 secs 3x; BW Squats 30 secs 2x

Circuit 1: Complete each exercise consecutively. Finishing all sets of an exercise before moving on to the next. Allow for a 15 to 30 second break between sets and a minute between exercises.

Exercise	Equipment	Time	Modification	Step-It Up
1. Lunge with Stretch	Body Weight/ alternating legs every time	S1:	Squeeze abdominals and keep spine stable	Add hamstring stretch at bottom of lunge
		S2:		
		S3:		
2. Toe Taps	BOSU trainer/ Step	S1:	Less of a jump and more of a step	More explosive jump
		S2:		
		S3:		
3. Spider Walks	Body Weight	S1:	Pause at end of each walk	Stand all the way back up after each walk
		S2:		
		S3:		
4. Forward Ladder	Ladder	S1:	Step it out instead of bounding	Go backward to return to starting position
		S2:		
		S3:		

Circuit 2: Complete each exercise consecutively. Finishing all sets of an exercise before moving on to the next. Allow for a 15 to 30 second break between sets and a minute between exercises.

Exercise	Equipment	Time	Modification	Step-It Up
1. Half Get-Up	Kettlebells - switch sides each time	S1:	Start with no weight	More explosive movement upward
		S2:		
		S3:		
2. Squat to Raise	Dumbbells	S1:	No weight/going less deep into the squat	Come to a calf raise when lifting the weight overhead
		S2:		
		S3:		
3. Overhead Slams	Medicine Ball	S1:	Bigger swing of the hips	Step through with each throw
		S2:		
		S3:		
4. Reverse Slam	Medicine Ball	S1:	Bigger swing of the hips	Step through with each throw
		S2:		
		S3:		

For More Information: Visit Campus Recreation's website to schedule a [free wellness consultation](#) or email rec@pitt.edu. If you print out the workout, or if the links are broken, visit acefitness.org and click on exercise database & library to search for the description and video of the exercises.

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Cool Down:

Walk on treadmill 2-5 mins; Speed 3.2; Incline 1.0. Static Stretching: focus on quadriceps, glutes, back, chest, and shoulders. Hold each stretch for 20 secs and repeat each stretch 2x.

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