30-Minute Total Body Workout Plan

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Workout courtesy of Mark Arrington, Owner and CPT at Anytime Fitness in Madison, VA

Warm Up: we spend about 5-8 minutes doing a combination of jumping jacks, lunges, and other dynamic exercises to get our bodies AWAKE!

Circuit 1: Repeat 3 times through before moving on to Circuit 2.

- Battle Ropes (30 seconds) – not only great for strengthening your entire body, but it also gets the heart rate up and adds a cardio element to the circuit.
- Push-Ups (20 reps) – for a real challenge, we used a yoga block to gauge the distance down. As our bodies got progressively tired throughout each set, we turned the block to a higher position so that our push-ups did not have to go quite as deep. These were hard! Maggie and I were definitely huffing and puffing through the three rounds!
- TRX Rows (10 reps)

Circuit 2: Repeat 3 times through before moving on to Circuit 3.

- Deadlifts (10 reps)
- Ground Rotational Trainer ("GRT") Bus Drivers (10 reps total – alternating 5 per side) – awesome for the core!
- Band Assisted Chin-Ups (max of 5 reps per set)

Circuit 3: Repeat 3 times.

- Medicine Ball Wall Balls (10 reps)
- Burpees (10 reps)

Cool Down