

30-Minutes to Fitness
Kelly Coffey Meyer
Lean Body Circuits

Date: _____

Notes: _____

***1 or 2 = number of dumbbells used**

Workout #1	Workout #2
Warm up Cardio Boxing 2 – Squats 2 – Shoulder Presses	Warm up Cardio Boxing 2 – Split Squats Snatches
Cardio Boxing 2 – Deadlifts 2 – Bear Crawl Rows	Cardio Boxing 1 – Frog Squat 1 – Alt Pull Backs
Cardio Boxing 1 – Side Lunges 2 – Clean from the Hip	Cardio Boxing 1 – Pop Squat 1 – Chop up to Shoulder
Cardio Boxing 2 – Reverse Lunges 2 – Floor push up Stretch	Cardio Boxing 2 - Single Leg Squat 2 - Floor Push Up Stretch