



Quick & Easy Circuit

The main ASSETS workout

Workout courtesy of Alexa Georgas

Facebook: Alexa Anne Georgas ALEXACISE Twitter: @alexacise

Quick & Easy Circuit – The main ASSETS Workout		
Exercise	Description	Time/Reps
Warm up	Light to moderate cardio activity – light jog, high knees, skipping, climbing stairs.	2-5 min
Walking Lunges 6 min total	Start – Standing – that’s it! Action – step forward with right foot landing with the heel first – hold and balance at your lowest point; try lifting your toes of front foot; PAUSE then explode pressing into the front heel and step forward with left foot repeating the process Tips – don’t rush as the pause is key! Make sure your knee stays over the heel (or close to)	4 sets of 20 <i>30 sec rest between sets</i> 6 min
Triceps Back Extensions 4 min total	Start – lie prone (face down) on floor; hands out to side from shoulders with palms down Action – draw shoulder blade down and in – like shifting them into your back pocket – press into the heels of the hands to lift chest into extension and squeeze into torso Tips – as you lift to extension, draw shoulders away from the ears	6 sets of 10 <i>10-15 sec between sets</i> 4 min
Core & Butt Boat Hold	Start – lie supine (face up) on the floor with your hands under your glutes (butt cheeks!) Action – lift head slightly from floor keeping neck neutral (flat); press navel into spine to activate core, then lift feet ONE INCH off the floor and hold Tips – keep thighs and feet together and focus on core; if your lower back starts to lift, take a break! If you feel any strain on neck, leave head down or elevate with a towel or yoga block	6 sets of 20 sec <i>10 sec between sets</i> 3 min
Timing:		11 min total
Cool Down & Stretch	Think of stretching from head to toe for all major muscle groups with particular focus on the legs and back.	Hold 20-30 sec ea