Antental Circuit 6

Press Up

Squat Tap

Pelvic Tilt

Equipment

Lateral Pull Down (resistance loop)

4 Point Kneeling Extension R

4 Point kneeling Extension L

Dead Lift

Wall Squat

Power Punch

Jog

Squat and Squeeze

Jog

Hip Circles (floor)

Alternate Lunges

Mats – 4

Dumbells – 1 Pair

Resistance Loops - 0