Antental Circuit 2

4 Point Pelvic Scoop

4 Point Pelvic Scoop

Power Punch

Equipment

Resistance Loop Kick Back R

Resistance Loop Kick Back L

Over Head Tricep Extension

Wall Press Up

Kneeling Walk Out

Jog

Shoulder Taps

Bicep Curl

Squats

Squat and Rise

Clean and Press

Mats – 4

Dumbells – 3 Pairs

Resistance Loops - 2