Antental Circuit 4

Static Lunge R

Static Lunge L

Standing Side Bend R

Equipment

Floor Based Hip Circle

Shoulder Taps

Press Up

Standing Burpee

Monster Walk

Calf Raises

Clean and Press

Jog

Squat and Tap

Standing Side Bend L

Standing Pelvic Tilt

Mats – 2

Dumbells – 1 Pair

Resistance Loops - 1