

Timed Circuits For Efficiency and Improved Work Capacity

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DEMONSTRATED BY DEIRDRE SLATTERY

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The Workout

Perform each exercise in the circuits for 40 seconds with no rest between exercises. At the end of each round, rest for 1 minute before repeating 2-3 more times for a total of 3-4 rounds. Once complete, move into the next circuit until all 3 circuits have been completed.

Equipment

Barbell, Bench, Dumbbells, Medicine Ball, Kettlebells

Time

30 Minutes



HAIR & MAKEUP BY MONICA KALDA



DUMBBELL INCLINE PRESS

→ SETS: 3-4 → TIME: 40 SECS → REST: NONE

Lie on a 30-45 degree angled bench with a dumbbell in each hand. Hold the weights at shoulder level. Press the weights straight up and then slowly return to start. Repeat for time, then move into the next exercise.

ALTERNATING MEDICINE BALL PUSH UP

→ SETS: 3-4 → TIME: 40 SECS → REST: NONE

Perform a push-up with one hand on the medicine ball. At the top of the pushup, roll the ball to the other hand. Place your other hand on the ball and do another rep. Continue alternating reps for time, then move into the next exercise.

PRO TIP

Don't feel pressured to rush through this, focus on finding your balance to perform each rep correctly.

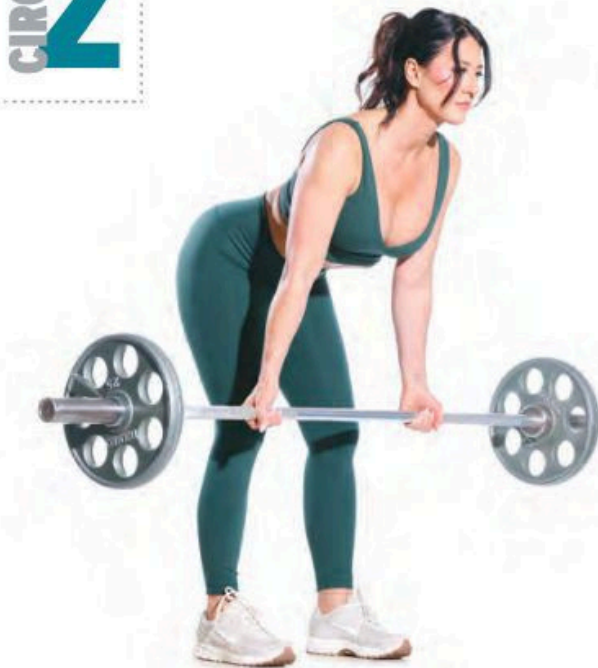


MEDICINE BALL SLAM

→ SETS: 3-4 → TIME: 40 SECS → REST: 1 MIN

Stand upright with the medicine ball in your hands. Gripping the ball firmly, extend your arms and bring the ball overhead. Clenching your core tightly, throw the ball down to the ground as hard as possible and squat as you lower. Pick the ball up and repeat the full range of motion (overhead to ball slam). Repeat for time. Rest 1 minute, then move into next round.

CIRCUIT 2



BARBELL BENT OVER ROW

→ SETS: 3-4 → TIME: 40 SECS → REST: NONE

Grab the barbell with a supinated (underhand) grip, hands slightly further than shoulder-width apart. Hinge at the hips and knees and lower your torso until it's almost parallel to the floor. Keep your back naturally arched and make sure to avoid rounding. Pull the bar to your upper abs and squeeze your shoulder blades toward each other. Pause, then slowly lower the bar back to the starting position. Repeat for time, then move into the next exercise.

KETTLEBELL ALTERNATING GORILLA ROW

→ SETS: 3-4 → TIME: 40 SECS → REST: 1 MIN

Stand with feet shoulder-width apart or slightly wider, with two kettlebells between your feet. Assume a wider sumo stance if that's more comfortable. Hinge at your hips, bend your knees, and grasp the kettlebells. Row them one at a time, alternating sides. As you row up with one side, push down into the opposite kettlebell on the floor. Don't allow your hips or upper body to rotate or lift. Repeat for time.

Rest 1 minute, then move into next round.





ONE ARM DUMBBELL HANG SNATCH

→ SETS: 3-4 → TIME: 40 SECS → REST: NONE

Stand with feet shoulder-width apart while holding a dumbbell in your right arm straight down in front of you. Keeping your back flat and chest up, push your hips back and down to lower the weight as close to the floor as possible. Explode up in one motion, extending the hips quickly and pulling the dumbbell straight up. When the weight reaches maximum height, drop your body underneath and catch it overhead. Lower back to starting position. Repeat for time, then complete on left side before moving into the next exercise.

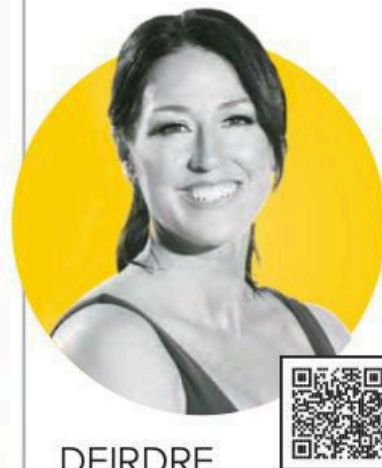
UP AND DOWN PLANK

→ SETS: 3-4 → TIME: 40 SECS → REST: 1 MIN

Begin in a forearm plank. Push from your triceps, placing your right hand on the ground, then your left hand, gradually rising to pushup position. Return to the forearm plank by placing your right forearm down, then your left. Alternate which arm leads the movement. Repeat for time. Rest 1 minute, then move into next round.

PRO TIP

Pay particular attention to form, being mindful of maintaining proper position throughout the movement.



DEIRDRE
SLATTERY

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Every obstacle is an opportunity. That's the motto Deirdre Slattery lives by, and at 51-years-old, this certified Personal Trainer and online Transformation Coach is more committed than ever to put it into practice. Deirdre says that although fitness has always been a part of her life, focusing on fitness made the greatest difference for her when she had to pull herself out of a very challenging time to transform her life in her 40s. That's when she took training to a new level, booked a photo shoot with **STRONG** Chief Photographer Paul Buceta, and registered for a bikini competition a few months later. It all started with Deirdre showing her daughter she was strong enough to evolve from that hard time, and take care of herself—it's still what drives her to continue growing, but in the process, Deirdre has also become a solid example to all women. Living with structure that allows her to feel like the strongest version of herself, Deirdre is showing others that age is just a number. She commits to making a deposit in her health and wellness bank daily and holds faith that someone somewhere needs to see her show up in order to help them move forward. By establishing the EmpowerHer challenge, Deirdre has created a small, exclusive group coaching program for women to help them build confidence, achieve their best fitness level, and do a photo shoot to glow up because she believes 50 something is, indeed, fabulous.