

FOCUS BOOST WORKOUT

CIRCUIT 4

2 MINUTE

**FROGGIES
(JUMPING JACKS)**

Target Area: Full Body



1 MINUTE

**MOUNTAIN
CLIMBERS**

Target Area: Full Body



1 MINUTE

**ROLIE POLIES
(CRUNCHES)**

Target area: Core



1 MINUTE

**TORONADOS
(LUNGEROTATIONS)**

Target area: Lower Body
& Core



For more details refer to p.41-45 in the book.

WEEKLY PROGRESS TRACKER

30 min.	Set 6							
25 min.	Set 5							
20 min.	Set 4							
15 min.	Set 3							
10 min.	Set 2							
5 min.	Set 1							
TIME/SET		SUN	MON	TUE	WED	THU	FRI	SAT