

MATRIX

TOTAL BODY DYNAMIC STRENGTH

STEPS

Step 1 – Dynamic warm-up

Step 2 – Perform each circuit

Step 3 – Repeat each circuit 2x

TOOLS USED*

Pairs movement with resistance to naturally stimulate core and balance to build stability and enhance mobility.

- BODYWEIGHT
- DUMBBELL
- KETTLEBELL
- RESISTANCE BANDS
- STABILITY BALL

CIRCUIT 1	REPS	TOOLS
Squat with Lateral Step	15	or
Overhead Press	15	
Ground to Overhead Press	15	or
Pulse Squats to Jump Squats	5	
CIRCUIT 2	**REPS**	**TOOLS**
Single-leg Bridge 5 (L) 5 (R)	5	
Bent over Row	15	
Bridge to Pullover	15	
Burpee	15	
CIRCUIT 3	**REPS**	**TOOLS**
Sumo Squat	15	
Curls	15	
Alternating Reverse Lunge to Curl	15	
Frog Jumps in Place	15	
CIRCUIT 4	**REPS**	**TOOLS**
Leg Lift	15	
Pushups with Rotation	15	
Windshield Wiper	15	
Bicycle Crunch	15	

Alternate Lower, Upper, and Total Body

* Start with lighter weights and progress to heavier weights as you get stronger. Your muscles should be fatigued by the last rep of each set. Also use slow, controlled movements, brace through the core and avoid any movements that cause pain.

SAFETY DISCLAIMER

All participants should consult their physician before undertaking any fitness program. If at any time while exercising the participant experiences dizziness, pain, shortness of breath, nausea or feels faint, he or she must stop immediately.