

MATRIX

TOTAL BODY SCULPT

STEPS

Step 1 – Dynamic warm-up

Step 2 – Complete each circuit 2x

Step 3 – End with 1 set of core finishers

TOOLS USED*

Foundational strength workout that hits all major muscle groups to promote strength for everyday challenges.

BODYWEIGHT

RESISTANCE BANDS

DUMBBELL

KETTLEBELL

CIRCUIT 1	REPS	TOOLS
Squat	15	or
Chest Press	15	
CIRCUIT 2	**REPS**	**TOOLS**
Deadlift	5	or
Bent over Row	15	
CIRCUIT 3	**REPS**	**TOOLS**
Lateral Lunge (L) then (R)	15	
Pushup	15	
CIRCUIT 4	**REPS**	**TOOLS**
Alternating Forward Lunge	15	or
Curls	15	
CORE FINISHERS	**REPS**	**TOOLS**
Alternating Chops	8	
Plank Hold	30-45 seconds	
Side Plank - Alternate Sides	30-45 seconds	
Superman with Trunk Lifts	30-45 seconds	

Sculpt your total body with this workout routine

* 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.