

FIT CHICKS®

Hit in a Hurry

WORKOUT

Complete each exercise in a circuit and then rest before repeating. (see below for times)

Complete the circuit 4 times.

Burpees

Pop Squats

Chick Get Ups

Reach Through Planks

Repeat 4x

Choose your intensity!

Level 1 - 30 seconds of each exercise, rest 30 seconds =
total of 10 minutes

Level 2 - 45 seconds of each exercise, rest 30 seconds =
total of 14 minutes

Level 3 - 60 seconds of each exercise, rest 30 seconds =
total of 18 minutes

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