

GIULIA CAMMARANO'S BLEACHER CIRCUIT WORKOUT #1

Focus: Cardio and Power

- **Complete 3 rounds of circuit**
- **30 seconds rest in between each round**

Exercise	Repetitions or Duration
1. Inclined push ups	10 reps
Run up and down bleachers	1 time
2. Step ups	10 reps
Run up and down bleachers	1 time
3. Inclined Burpees	10 reps
Run up and down bleachers	1 time
4. Drop squats	10 reps
Run up and down bleachers	1 time