

GIULIA CAMMARANO'S BLEACHER CIRCUIT WORKOUT #2

Focus: Cardio and Power

- Complete 4 rounds of circuit
- 30 seconds rest in between each round

Exercise	Repetitions or Duration
1. Explosive Incline push ups	8 reps
Run up and down bleachers	1 time
2. Box jumps	8 reps
Run up and down bleachers	1 time
3. Step-up to a reverse lunge	8 reps per side
Run up and down bleachers	1 time
4. Tricep dips	15 reps
Run up and down bleachers	1 time