

This exercise program is performed in a circuit. Each exercise is performed one after another until all of the exercises have been completed. This is called one circuit. Allow yourself to rest for 30-45 seconds before completing the circuit for the second time. Repeat until you have performed the circuit 2-3 times, with a 30-45 second rest period between each circuit.

Week 1-4: [Bicep Curl with stretch band](#)

Repetitions: 12

Sets: 3



Week 1-4: [Wall Push-Up](#)

Repetitions: 12

Sets: 3



Week 1-4: [Upright Row with stretch band](#)

Repetitions: 12

Sets: 3



Week 1-4: [Standing Calf Raises](#)

Repetitions: 12

Sets: 3



Week 1-4: [Single Leg Bridges](#)

Repetitions: 12 repetitions each leg

Sets: 3



Week 1-4: [Seated Row with stretch band](#)

Repetitions: 12 repetitions

Sets: 3



Week 1-4: [The Plank](#)

Repetitions: 30 second hold

Sets: 2

