



Breaking Muscle

CIRCUIT AND INTERVAL - UPPER, LOWER, & ABS

UPPER BODY	LOWER BODY	ABDOMINALS
BODYWEIGHT:	BODYWEIGHT:	BODYWEIGHT:
10 minute chins + dips	1-Leg squats	Ab rockers
Bar hangs	Ball squats	Bicycle crunches
Bench dips	Bootstrapper squats	Bird dogs
Body wt. low row	Box/bench squats	Cross-over sit ups
Close grip chin ups	Forward lunges	Crunches
Dips	Glute bridge	Double crunches
Finger tip pull ups	Hindu squats	Front plank hold
Human flag	Iso-hold lunges	Hanging leg raises
Muscle ups	Iso-hold squats	Hip ups
Negative chin ups	Judo squats	Jack knives
Push/Pull up ladder	Modified Russian squats	Lying hip rolls - bent knee
Swiss ball pike and press	Pistol squats	Lying hip rolls - straight leg
Wheelbarrow push ups	Plie squats	Roaches
Wide grip chin ups	Reverse lunges	Seated hip flexors
Push up variations:	Side squats	Side bridge - knee to elbow
Close grip	Split squats	Side plank hold
Contra lateral	Squat + lunge	Side-to-side twist
Cross-over	Squats	Sit ups
Dive bomber	Sumo squats	Sky crunches
Elbow-to-knee	Walking lunges	U-crunches
Frog		V-ups
Incline	IMPLEMENT:	
Ipsilateral	Sandbag squats	IMPLEMENT:
Medicine ball	Sandbag lunge	1-Arm diagonal crunches
Sit throughs	Sandbag squat + lunge	Ab wheel
Swiss ball	Wt. lunge	Ball throw sit ups
Tent	Wt. squat	Cross-over sit up
T-push up	Wt. squat + lunge	Medicine ball reach backs
Uneven	Wt. walking lunge	Sky crunches
Wide grip		Swill ball crunches
Zone rep		Swiss ball roll-outs
		TRX abs
IMPLEMENT:		Windshields
2 minute barbell hold		Wt. crunches
D.B. push up + 1-arm row		Wt. side-to-side twist
D.B. shoulder tree		Wt. sit ups
Medicine ball push up + OHP + BOR		Wt. twist - feet up
Plate drag push ups		
Plate pinch grip		LOW BACK:
Plate twist + press		Back hypers
Rope climb		Body rock
Sandbag overhead press		Cobra back extension
Towel chin ups		Supermans
Upper body ergometer		Swan dive low back
Weight plate circuit		
Wt. plate floor press		