

Who doesn't love a circuit routine? Okay, maybe during the routine it can seem a little tough, but that feeling of accomplishment at the end of it is bliss, right? Today's routine comprises of 3 circuits (A, B, and C). Each to be completed 3 times in total!

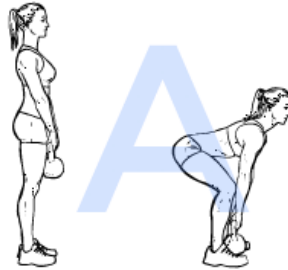
**Cardio - Running**



**2 mi**

Walk 1 Minute, Jog 1 Minute, Run 1 Minute until you reach 2 Miles! For a Challenge, add 1-3% Incline

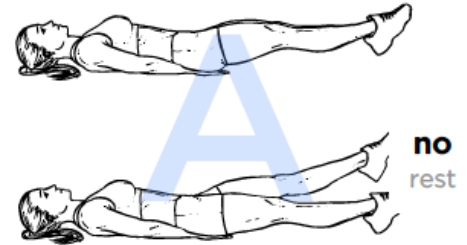
**Kettlebell Deadlifts**



**15 reps 15 lbs**

**Superset A1** · Exercise 1: Use those glutes to pull your body upright!

**Flutter Kicks**



**20 reps**

**Superset A2** · Exercise 2: 10 flutters per leg will activate those lower abs!

**Mountain Climbers**

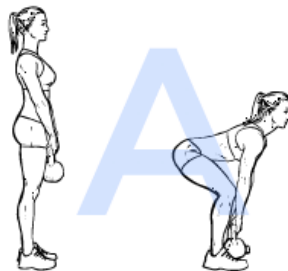


**16 reps**

**Superset A3** · Exercise 3: Stabilize with your arms, hit 8 reps per leg, and take a water break!

**1:00 rest**

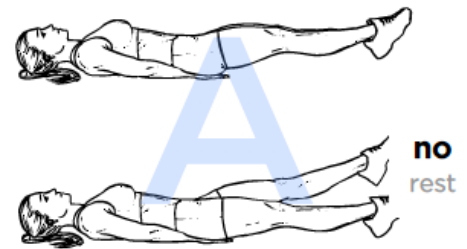
**Kettlebell Deadlifts**



**15 reps 15 lbs**

**Superset A4** · Exercise 4: Get it!

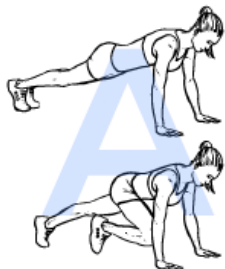
**Flutter Kicks**



**20 reps**

**Superset A5** · Exercise 5: All lower abs!

**Mountain Climbers**

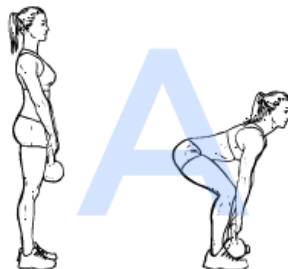


**16 reps**

**Superset A6** · Exercise 6: Ready for round 3?

**1:00 rest**

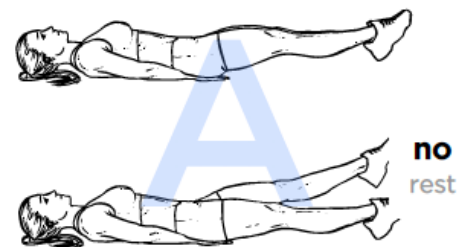
**Kettlebell Deadlifts**



**15 reps 15 lbs**

**Superset A7** · Exercise 7: The last round of this first circuit!

**Flutter Kicks**



**20 reps**

**Superset A8** · Exercise 8: Flutter flutter!

### Mountain Climbers



16 reps

Superset A9 · Exercise 9: Let's get the next circuit!

### Upright Kettlebell Front Rows



12 reps 10 lbs

Superset B1 · Exercise 1: Aim for a speed of 2 seconds up and 2 seconds down.

### Bicycles



20 reps

Superset B2 · Exercise 2: Go for 10 per leg, imagine you're riding an air bike through a golden meadow.

### Knee Push-ups



8 reps

Superset B3 · Exercise 3: Push the Earth away from you!

### Upright Kettlebell Front Rows



12 reps 10 lbs

Superset B4 · Exercise 4: Keep that form 100%.

### Bicycles



20 reps

Superset B5 · Exercise 5: Abs are on point!

### Knee Push-ups



8 reps

Superset B6 · Exercise 6: Get that chest all the way down!

### Upright Kettlebell Front Rows



12 reps 10 lbs

Superset B7 · Exercise 7: The last round of this circuit!

### Bicycles



20 reps

Superset B8 · Exercise 8: Flex!

### Knee Push-ups



8 reps

**Superset B9** · Exercise 9: Make these the biggest pushes yet!

### Two-Arm Kettlebell Squat Swings



15 reps 10 lbs

**Superset C1** · Exercise 1: Swing that kettle bell hard, but please don't let go of it...

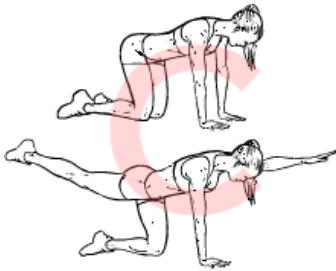
### Alternate Heel Touchers



20 reps

**Superset C2** · Exercise 2: Show your heels that you love them by giving them a little spanking.

### Bird Dogs



20 reps

**Superset C3** · Exercise 3: You can do it, 10 per side. This is the final circuit, bliss awaits!

### Two-Arm Kettlebell Squat Swings



15 reps 10 lbs

**Superset C4** · Exercise 4: Use your legs!

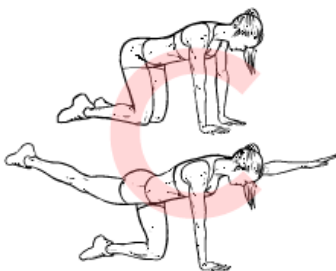
### Alternate Heel Touchers



20 reps

**Superset C5** · Exercise 5: Your abs must be on fire now!

### Bird Dogs



20 reps

**Superset C6** · Exercise 6: Remember, 10 per side!

### Two-Arm Kettlebell Squat Swings



15 reps 10 lbs

**Superset C7** · Exercise 7: The home straight!

### Alternate Heel Touchers



20 reps

**Superset C8** · Exercise 8: The final ab exercise!