



BEACHBODY

*Decide. Commit. Succeed.*

**Power 90®  
Sculpt! Circuit 1-2**

**1. Stretch/Warm up**

- a. Head Rolls
- b. Shoulder Rolls
- c. Left/Right Arm Pull - Back Shoulder/Side Stretch
- d. Side Stretch
- e. Chest Stretch
- f. Bent Over Hang
- g. Right side bent over stretch
- h. Inner Thigh L/R. Knee over ankle
- i. Runners Stretch - left / right
- j. Waist Stretch
- k. Raise up slowly

**2. Round 1**

- a. Regular Push-ups
- b. Heavy Pants
- c. Military Press
- d. Standard Bicep Curls
- e. One Arm Tricep "Back Scratch." - left /right
- f. Lunges

**3. Stretch**

- a. Standing Quad Stretch - left / right
- b. Calf Hamstring
- c. Shoulder Stretch
- d. Chest Stretch

**4. Round 2**

- a. Fly Push-Ups
- b. Back Fly
- c. Swimmers Press
- d. Wide Open Curls
- e. 2-Arm Tricep Kick-Back
- f. Lunge/Squats

**5. Water/Towel Break 15 seconds**

**6. Stretch**

- a. Standing Quad Stretch
- b. Hamstring bend over
- c. Over the head/chest stretch
- d. Front and back chest/shoulder stretch

**7. Round 3**

- a. Wide/Tri/Die Push-ups (7/7/7)
- b. L/R Lawnmower
- c. Shoulder Flys
- d. 7,7,7 Curls (low-mid-high)
- e. Dips
- f. Three Part Squats

**8. Stretch**

- a. Standing Quad Stretch
- b. Hamstring Bend Over
- c. Over the head/Chest Stretch
- d. Front and back Chest/Shoulder Stretch