



Dynamic Warm-up

1. Knee Hugs
2. Butt Kicks
3. Cradles
4. Hinges
5. Lunges
6. Straight Leg Kicks
7. Side to Side





THE TRAIN STATION CLUBS

C O R E +

12 Minutes

CIRCUIT A

12 Minute AMRAP

- **15 Wall Sit Overhead Presses**
- **30 Mountain Climbers**
- **15 Chest Presses**
- **30 Bikes**
- **15 Push-Ups**
- **30 Flutter Kicks**



12 Minutes



THE TRAIN STATION CLUBS

CORE+

CIRCUIT B

20s Work / 10s Rest / 4 Rounds

1. Jump Squats
2. Burpees
3. Walkout
4. Deadbug
5. Bird Dog
6. Everest Climbers





CIRCUIT C

3 Min EMOM

- 15 Swings --- 20 High Knees
- 15 Bent Over Rows --- 20 Pull-a-Part
- 15 Rev. Lunges --- 20 Calf Extensions
- 15 Push-Presses --- 20 Glass Presses



8 Minutes

CIRCUIT D



30s Work / 10 sec Rest / 3 Rounds

- 1. Sit-Ups**
- 2. Leg Raises**
- 3. Hollow Hold**
- 4. Reverse Crunches**

