

The 6 Minute Circuits Workout Sample Program



The 6 Minute Circuits Workout

*The Amazing Whole Body Makeover
Designed to Give you The Body of
Americas Sexiest Female Athletes*

*grrl***Athlete.com**

By **John Barban MS**
Varsity Strength Coach

The 6 Minute Circuits Workouts

The team at www.grrlathlete.com was asked by many of our competitive athletes, and dedicated readers to come up with a workout program that fit into their busy lifestyles while still providing maximum fat loss and conditioning. The following list is all the elements we were asked to incorporate into this program:

Time: The entire workout has to be done in less than 1 hour

Enjoyable: It had to be fun, easy to understand and interesting to do

Versatility: Did not want to rely on machines, or running.

Whole Body Workout: It had to be a total body workout and burn the most fat in the least amount of time!

The development of a program that could achieve all of the benefits in this list presented a unique challenge!

The 6 Minute Circuits Workout Program is the workout we put together that meet all of these demands! Try it for yourself and see.

This is a sample routine taken right from the book unedited. Follow through this circuit program as instructed to get a true feel of the 6 Minute Circuits Workout.

The full program has 15 more circuits and guidelines on how to set them up and fit them to your fitness and lifestyle goals. You can get it at www.6minutecircuits.com

Beginner Whole Body Circuits #1

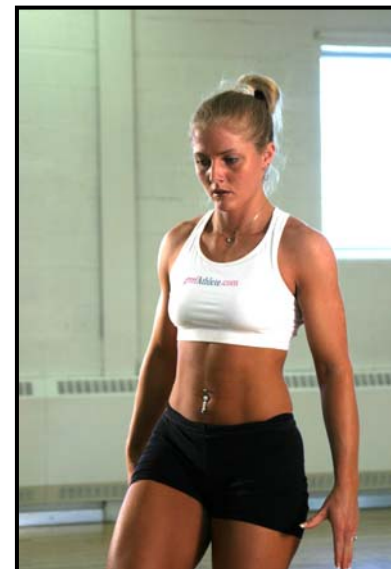
Mini Circuit 1	
Exercise	Reps
Push ups	10
Bodyweight Squat	15
Upright Row	10
Rest 60 seconds	
Complete 4 sets of this circuit. Rest 4 minutes then begin Mini Circuit 2	



Mini Circuit 2	
Exercise	Reps
Dumbbell shoulder press	10
Lunge walk	20 steps
Push ups	10
Rest 60 seconds	
Complete 4 sets of this circuit. Rest 4 minutes then begin Mini Circuit 3	

Mini Circuit 3	
Exercise	Reps
One Arm Row	10
Dumbbell Squat Press	12
Quick Splits	12
Rest 60 seconds	
Complete 4 sets of this circuit. Rest 4 minutes then begin Core Mini Circuit	

Core Mini Circuit	
Exercise	Time
Bridge (Elbows)	45 seconds
Rest	45 seconds
Bird Dog	45 seconds



Rest	45 seconds
Left Side Plank	40 seconds
Rest	20 seconds
Right Side Plank	40 seconds
Rest	45 seconds
Bridge (Hands)	45 seconds

Pushups

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart and hands by your sides.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible. Squat as deep as possible, but keep your low back tensed in a neutral position. Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Upright Row

- Standing with feet approximately shoulder width apart
- Holding a dumbbell in each hand palms facing in towards our body
- Pull dumbbells up in front of your body palms remain facing in



Dumbbell Shoulder Press

- Stand with feet shoulder width apart
- Holding dumbbells in each hand palms facing away from your body in front of you hands at your shoulders
- Press the dumbbells over head until your arms are extended



Lunge Walk

- Stand with your feet shoulder-width apart. If you are strong enough, hold a dumbbell on your right shoulder. Step forward with your right leg, taking a slightly larger than normal step.
- Keep your left toe on the ground and use it to help keep your balance. The left knee should also be bent. Lower your body until your right thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Continue walking in this fashion until you have completed all the required steps
- If you are in a smaller room walk back and forth in the amount of space you have



One Arm Row

- Position yourself with your right knee and hand on a bench. Right arm extended supporting your upper body
- Your left foot is on the ground, leg is slightly bent.
- Hold a dumbbell in your left hand hanging straight down from the shoulder
- Pull the dumbbell up to your side
- Complete all the required reps for the left arm then repeat the same number of reps for the right arm
- Switch position to right knee and hand on the bench when you are working the left arm.



Dumbbell Squat Press

- Stand with your feet just greater than shoulder-width apart.
- Hold a dumbbell in each hand at your shoulders
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Push with your glutes, hamstrings, and quadriceps to return to the start position, at the same time push the dumbbells overhead like a shoulder press
- Do NOT round your lower back.



Quick Splits

- Stand with your feet shoulder-width apart.
- Without jumping up simulate a running motion
- Keep your upper body level, your head should stay at the same height throughout the exercise
- Land in a long lunge step, and alternate



Bridge (Elbows)

- Lie on your stomach on a mat. Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Bridge (Hands)

- Lie on your stomach on a mat. Raise your body in a straight line and rest your bodyweight on your hands and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.



Side Plank (Hand)

- Lie on a mat on your right side. Support your bodyweight on your feet and on your left hand.
- Raise your body in a straight line so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- For kneeling side planks, do so from a side kneeling position to reduce the amount of bodyweight you have to support.



Bird Dog Bridge

- In a standard bridge position on your elbows or your hands and your feet.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Hold for 1 second and alternate to opposite hand and foot.
- Continue to alternate holding for one second until the full time interval is complete.

