

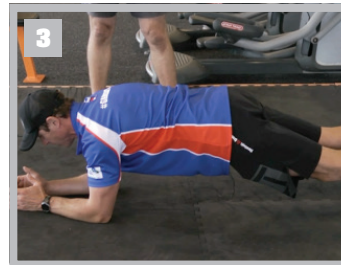
# RISE AND GRIND

## EPISODE 5 FULL BODY CIRCUIT

### Circuit 1



1. Push Ups (Step 1)



3. Plank (Step 1)  
• 90 sec on  
• Repeat twice



1. Squats (Step 2)



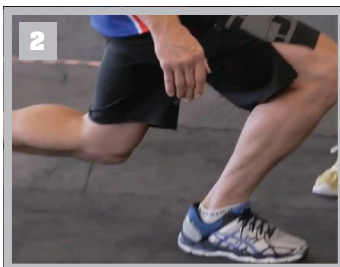
3. Hip Raises (Step 2)  
• 90 sec on  
• Repeat twice



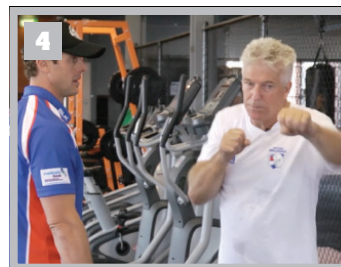
2. Dips (Step 1)



4. High Knees (Step 1)



2. Lunges (Step 2)



4. Punches (Step 2)

- 45 sec on, 15 sec rest
- Repeat 4 times