

# 3 DAY FIT LIFE FIT ME WORKOUT TRIAL

Home-based circuits  
(no equipment needed)

## Day 2- Legs

Circuit 1:

Incline hip thrusts x25  
triple pulse squat jumps x15  
Sumo Squats x20  
high knees x50  
AMRAP 5 MIN  
x2

Circuit 2:

Burpees x8  
walking lunges x20  
X Jacks x20  
Bulgarian split squats x16 (8 each leg)  
AMRAP 5 MIN  
x2

Circuit 3:

Sumo squat to deadlift x15  
Ab bicycles x20  
3 way squat jumps x15  
single leg standing tucks x20  
AMRAP 5 MIN  
x2

## Day 1- Full Body

Circuit 1:

Alternating Lunge to Squat Jumps  
x10  
squat to side kick x20  
3 way squat jumps x15  
Plank alternating cross toe touch x20  
AMRAP 5 MIN  
x2

Circuit 2:

Caterpillar pushups x8  
burpee x8  
plank shoulder taps x30  
X jacks x20  
AMRAP 5 MIN  
x2

Circuit 3:

Pause flutter kicks x20  
alternating jump lunges x20  
power sit ups x20  
step ups x20  
AMRAP 5 MIN  
x2

## Day 3- Arms

Circuit 1:

Mountain climbers to push-up x8  
Reverse crunch x15  
Plank to push-up x10  
Plank reachouts x20  
AMRAP 5 MIN  
x2

Circuit 2:

Tricep dips x20  
Pilates Pulses x50  
mountain climbers x30  
superman fly x30  
AMRAP 5 MIN  
x2

Circuit 3:

burpees x8  
Plank hold x45 seconds  
X jacks x20  
Clock planks x45 seconds  
AMRAP 5 MIN  
x2



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