

WORKOUT OF THE WEEK

TRX Circuit designed to increase strength and improve muscle endurance

Complete 1 to 3 rounds

squat jumps	20 reps
single leg squats (each leg)	20 reps
back row	20 reps
chest press	20 reps
rear delt fly	20 reps
chest fly	20 reps
bicep curl	20 reps
tricep extension	20 reps
jack knife	20 reps
rotating hover (each side)	20 reps

Check out the Vibe YouTube channel for the video