

Circuit Wave Workout Template

Music Recommendation: 124-128 BPM

WARM-UP

5-minute warm-up of your choice

Select your favorite exercises for the Wave template below.
Each Wave is 5 minutes

WAVE #1

Upper body strength - 1:00 minute
Cardio - 2:00 minutes
Power move/high intensity - :30 seconds
Core – 1:30 minutes

WAVE #2

Upper body strength - 1:00 minute
Cardio - 2:00 minutes
Power move/high intensity - :30 seconds
Core – 1:30 minutes

WAVE #3

Upper body strength - 1:00 minute
Cardio - 2:00 minutes
Power move/high intensity - :30 seconds
Core – 1:30 minutes

WAVE #4

Upper body strength - 1:00 minute
Cardio - 2:00 minutes
Power move/high intensity - :30 seconds
Core – 1:30 minutes

WAVE #5

Upper body strength - 1:00 minute
Cardio - 2:00 minutes
Power move/high intensity - :30 seconds
Core – 1:30 minutes

WAVE #6

Upper body strength - 1:00 minute
Cardio - 2:00 minutes
Power move/high intensity - :30 seconds

Core – 1:30 minutes

COOL DOWN

5-minute cool down of your choice

Note: The timing above is 40-minutes, but builds to nearly 45 minutes when you factor in water breaks and short introductions of each Wave. Add or subtract Waves to reflect the timing of your class.