

the 1-2-3 switch

circuit workout

Start with a short dynamic warm-up to get your body ready to move, then get into round A to focus on running and lower body strength. After 3 rounds, switch to the rowing machine and the upper body moves, then finish the session with 3 rounds of cycling and total-body exercises. Cool down to finish.

circuit A: running + lower body

3X:

400m sprint, 10 Bulgarian split squats/side

400m sprint, 10 heavy sumo squats

circuit B: rowing + upper body

3X:

400m hard row, 10 push-ups

400m hard row, 10 triceps dips

circuit C: cycling + total body

3X:

800m sprint, 20 1-arm uneven walking lunges

800m sprint, 20 dumbbell clusters