

ELEVATE CIRCUIT WORKOUT

ROUND 1

ELEVATE Core ADJ
Scrunch (On Knees)



ELEVATE Press
Shoulder Press



ELEVATE Jump
Squat



ELEVATE Pull-Up
Pull-Up (Overhand Grip)



ELEVATE Row ADJ
Overhand Row (Low)



ELEVATE CIRCUIT WORKOUT
ROUND 2

ELEVATE Core ADJ
Moving Plank (on Elbows)



ELEVATE Press
Shoulder Press (Wide Grip)



ELEVATE Jump
Jump



ELEVATE Pull-Up
Plyometric Pull-Up (Overhand Grip)



ELEVATE Row ADJ
Overhand Row (High)



ELEVATE CIRCUIT WORKOUT
ROUND 3

ELEVATE Core ADJ
**Oblique Scrunch with Knees
(Right Side)**



ELEVATE Press
Plyometric Shoulder Press



ELEVATE Jump
Single Leg Squat



ELEVATE Pull-Up
Pull-Up (Underhand Grip)



ELEVATE Row ADJ
Biceps Curl



ELEVATE CIRCUIT WORKOUT

ROUND 4

ELEVATE Core ADJ
**Oblique Scrunch with Knees
(Left Side)**



ELEVATE Press
Push-Up



ELEVATE Jump
**Alternating Wide Leg
Staggered Squat Jump**



ELEVATE Pull-Up
Pull-Up



ELEVATE Row ADJ
Alternate Row (Left)



ELEVATE CIRCUIT WORKOUT

ROUND 5

ELEVATE Core ADJ
Moving Plank (Arms Extended)



ELEVATE Press
Shoulder Press



ELEVATE Jump
Single Leg Squat (Opposite Side)



ELEVATE Pull-Up
Plyometric Pull-Up



ELEVATE Row ADJ
Alternate Row (Right)



ELEVATE CIRCUIT WORKOUT
ROUND 6

ELEVATE Core ADJ
Scrunch (On Toes)



ELEVATE Press
Plyometric Shoulder Press



ELEVATE Jump
Plyometric Split Jump



ELEVATE Pull-Up
Pull-Up (Parallel Grip)



ELEVATE Row ADJ
Underhand Overhand Pull

