

The logo for Garage Fitness Group (GFG) is located in the bottom right corner. It features the letters "gfg" in a white, lowercase, cursive script font, enclosed within a white circular border. Below the circle, the words "GARAGE FITNESS GROUP" are written in a smaller, white, uppercase, sans-serif font, following the curve of the bottom edge of the circle.

■ 35+ MIN ■ ~221 CAL ■ SWITCHBACK ■ LOW IMPACT

- All work: 50s work / 20s rest
- 2 Circuits · 2 Rounds each · 7 moves per circuit
- Round 2 runs the circuit in reverse, 7 back to 1

8kg / 17.5 lbs
10kg / 22 lbs
12.5kg / 27.5 lbs

1. Back Stroke 2. Squats 3. Lateral Lunge and Reach 4. Butt Kick

CIRCUIT 2 2 Rounds x 50s / 20s Switchback				
ROUND 1		MY WEIGHT / DONE	ROUND 2 (reverse)	MY WEIGHT / DONE
1. Single Arm Snatch			7. Plank Opp Arm / Leg Raise	Done
2. Alt Single Leg Deadlift			6. Weighted Dead Bug	
3. Renegade Row			5. Lateral Lunge Switch	
4. Half Kneeling Clean and Press			4. Half Kneeling Clean and Press	
5. Lateral Lunge Switch			3. Renegade Row	
6. Weighted Dead Bug			2. Alt Single Leg Deadlift	
7. Plank Opp Arm / Leg Raise		Done	1. Single Arm Snatch	