At Home Workouts from our Trainers: 
Kelcie Doran

Please choose to do exercises at your own risk.
Consult with a physician prior to engaging in exercise.

### Workout 1
- **Week 1:**
  - 60 seconds of work, 30 seconds of rest
  - 3 sets of 12-15 reps
  - Improve each circuit separately
  - Circuit A: Pushups, Glute Kickbacks, Glute Rows
  - Circuit B: Squats, Deadlifts, Overhead Presses
  - Circuit C: Lateral Raise, Ab Crunches

- **Week 2:**
  - 30 work / 30 rest
  - 3 sets / 2 rounds
  - Circuit A: Pushups, Glute Kickbacks, Glute Rows
  - Circuit B: Squats, Deadlifts, Overhead Presses
  - Circuit C: Lateral Raise, Ab Crunches

- **Week 3:**
  - 30 work / 30 rest
  - 3 sets / 2 rounds
  - Circuit A: Pushups, Glute Kickbacks, Glute Rows
  - Circuit B: Squats, Deadlifts, Overhead Presses
  - Circuit C: Lateral Raise, Ab Crunches

### Workout 2
- **Week 1:**
  - 60 seconds of work, 30 seconds of rest
  - 3 sets of 12-15 reps
  - Improve each circuit separately
  - Circuit A: Pushups, Glute Kickbacks, Glute Rows
  - Circuit B: Squats, Deadlifts, Overhead Presses
  - Circuit C: Lateral Raise, Ab Crunches

- **Week 2:**
  - 30 work / 30 rest
  - 3 sets / 2 rounds
  - Circuit A: Pushups, Glute Kickbacks, Glute Rows
  - Circuit B: Squats, Deadlifts, Overhead Presses
  - Circuit C: Lateral Raise, Ab Crunches

### Scan Here to See How to Perform Some of the Workouts

For questions on how to perform any of the exercises, contact Brianna Lee at bclee@uab.edu.