

# GET METABOLIC *with Lais De Leon*

## BACK, BIs & TRIs CIRCUIT

- PERFORM THESE EXERCISES CIRCUIT-STYLE: COMPLETE 1 SET OF EACH MOVEMENT BACK-TO-BACK.
- PUSH HARD AND MINIMIZE YOUR REST BETWEEN EXERCISES.
- USE THE HEAVIEST WEIGHT YOU CAN SAFELY LIFT WHILE KEEPING PERFECT FORM.
- COMPLETE 3-4 ROUNDS OF THE CIRCUIT.

EXERCISE	REPS
LOW PULLEY ROWS	12
BENCH HAND TO FOREARM PLANKS	10, EACH ARM
BARBELL CURL - 21s	7 BOTTOM HALF 7 TOP HALF 7 FULL RANGE
LAT PULLDOWN	12
DIAMOND PUSH-UPS	UNTIL FAILURE
OVERHEAD TRICEPS EXTENSION	12



INTEGRITY → AMBITION → FOCUS  
CREATE YOUR  
**GODDESS**

