

# total-body suspension workout



**1**

overhead squat



**2**

single arm row



**3**

chest press



**4**

side lunge



**5**

mnt. climbers



**6**

hamstring curls

# total-body suspension workout

This workout is performed as a circuit:

- Beginners: do 6-8 reps of each exercise and complete the circuit 2-3 times
- Intermediate: do 10 reps of each exercise and complete the circuit 3-4 times
- Advanced: do 12-15 reps of each exercise and complete the circuit 4 times

Make sure you complete a good warm-up before beginning this workout and take time to cool down and stretch afterward as well.