

David Kirsch's Ultimate Circuit Workout

Start with the "Ultimate Warm-Up" doing each move for a minute, and then move directly to the cardio-sculpting circuit. Work through the entire circuit three times, moving from one exercise to another without rest for maximum impact. Some movements require a great deal of balance, coordination, endurance, and strength. *Props needed:* three-pound weights, stability ball, two- to four-pound medicine ball.

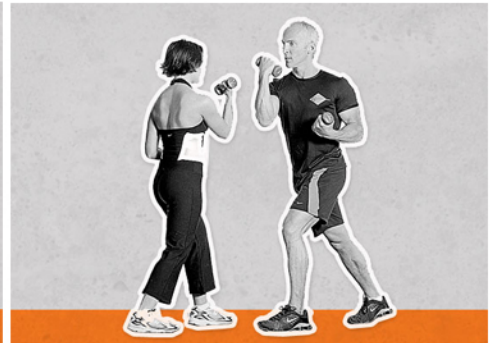
WARM UP:



Jumping Jacks

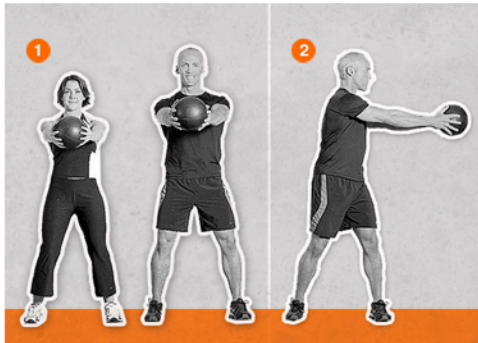


Shadow Boxing With Dumbbells



Uppercut Punches

WORKOUT:



1. Medicine Ball Rotation
Alternate sides for 30 seconds



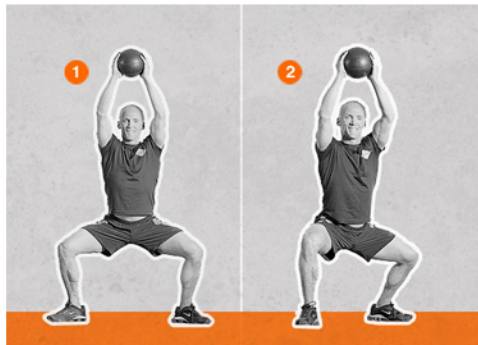
2. Reverse Lunge With Torso Twist
15 lunges each side, alternating



3. Plank With Ball
Hold for 30 to 60 seconds



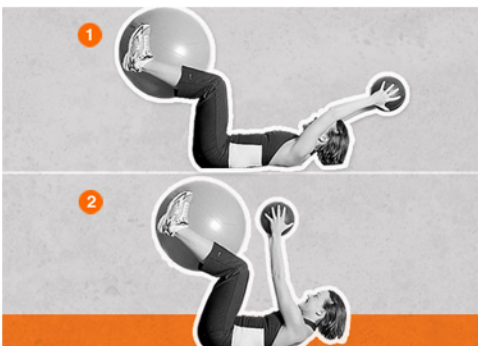
4. Shoulder Shaper on Stability Ball
20 to 30 reps



5. Platypus Walk
30 steps



6. The Perfect Push-Up
10 to 15 reps



7. Double Crunches
10 to 15 reps



8. Wall Sits
Hold for 30 seconds, repeat twice while opening legs wider each rep

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Photos: Shona Valeska
courtesy of Ultimate New York Body Plan (McGraw-Hill)