



WORKOUT #2 | Strength Circuit

8-12 Reps of Each Exercise | Repeat Circuit 2-3 Times

1

MATRIX SEATED ROW



- Seated
- Feet Flat
- Strong Core
- Ears Over Shoulders
- Palms In
- Pull Back

2-3 sets | 8-12 reps

Run or walk a lap before the next circuit

2

PUSHUPS



- Lie Face Down
- Hands Under Armpits
- Ears In Line With Shoulders
- Push Up & Lower Down

3

MATRIX OVERHEAD PRESS



- Seated
- Feet Flat
- Strong Core
- Head Back
- Push Up

2-3 sets | 8-12 reps

Run or walk a lap before the next circuit

4

BODY WEIGHT SQUATS



- Sit On Bench Facing Out
- Hands In Front Of Chest
- Shoulders Back & Down
- Stand Up & Sit Down

5

MATRIX LAT PULLDOWN



- Sit Facing Machine
- Feet Flat
- Strong Core
- Ears Over Shoulders
- Pull Down

2-3 sets | 8-12 reps

Run or walk a lap before the next circuit

6

PLANK



- Lie Face Down
- Hands Under Armpits
- Ears In Line With Shoulders
- Push Up & Hold

7

MATRIX TRICEP PUSHDOWN



- Face Out
- Hands On Handles
- Feet Flat
- Push Arms Down
- Bend Then Extend Elbows

2-3 sets | 8-12 reps

Run or walk a lap before the next circuit

8

MATRIX LEG CURLS



- Lie Face Down On Machine
- Elbows On Arm Rest
- Chin On Bench
- Ankles Under Pad
- Pull Heels To Butt

9

BACK LUNGE (R&L)



- Step Leg Back
- Strong Core
- Lower Back Knee To Floor
- Press Up & Pull Feet Together (alternating sides)

10

MATRIX BICEP CURLS



- Sit Facing Out
- Feet Flat
- Strong Core
- Ears Over Shoulders
- Pull Hand Up To Bend Elbows