



BOO!-TY BURN

SPOOKY CIRCUITS



CIRCUIT #1

CIRCUIT #2

SL BRIDGES
X 12



BULGARIAN
SPLIT SQUATS
X 12



BUTTERFLY
BRIDGES
X 12



SL ROMANIAN
DEADLIFT
X 12



SL KICKUPS
X 12



SL PLYO
STEP UP
X 12



REPEAT X 3

REPEAT X 3