

# Breast Cancer Survivor Crew



Dryland Training  
Circuit



# WARM UP (30 seconds each exercise)

- Forward Arm Circles
- Backward Arm Circles
- Squat to Alternating Arm Reach
- Hip Circles
- High Knee March
- Trunk Rotation
- Y-T-W-L
- Skaters

# COOL DOWN (30 seconds each exercise)

- Shoulder roll
- Goal Posts up and down
- Neck Stretch
- Tricep Stretch
- Trunk Rotation
- Forward Fold
- Cat Cow
- Back Figure 4 Stretch
- Lying Quad Stretch
- Cobbler Stretch

# **CIRCUIT (5 Rounds X 10 reps/ 2 minutes rest)**

Week 3

- SQUATS with Bicep Curls
- BENT OVER ROW (one arm row)
- OVERHEAD TRICEP EXTENSION
  - Can substitute skull crushers/seated extensions
- FIRE HYDRANT Leg Circles (clamshells)
- PUSHUPS
- LEG RAISES(in and out abs)
- WINDSHIELD WIPERS (KNEES AT 90)
- KAYAK TWIST

# Weekly Motivation



“You won’t always love the workout, but  
you’ll always love the results”

