



GR UNDED
MOVEMENT CO.

Grounded Movement Co.

[Slow + Low]

'June taster 2026'



www.groundedmovementco.com

GMC

[SLOW + LOW]

WORKOUT TASTER!

Warm up: 5 minutes of light to brisk walking. Feel free to cycle if you have an indoor bike.

Equipment: A set of dumbbells.

Instructions: Start with Circuit A, do 40 sec of the W squats, then 40 sec of bicep 21s, followed by 40 sec of elbow plank. Rest for 60 sec and then repeat it through 3 more times until you do 4 rounds total. Have a 2 min break and then move down to Circuit B and do the same.

Circuit (A)

'W' DB squat | DB Bicep 21 | Elbow plank

Circuit (B)

KB/DB sumo deadlift | Press ups | DB Deadbug

Circuit (C)

DB overhead squat | DB lateral to front raise | 'V' sit

Cool down: Take the time to stay on your mat for 5 minutes and do some stretches you enjoy doing. If you have a foam roller, take advantage of this!

