



GR UNDED
MOVEMENT CO

Grounded Movement Co.

[Fast + High]

'June taster 2026'



www.groundedmovementco.com

GMC

[FAST + HIGH]

WORKOUT TASTER!

Warm up: 5 minutes of easy running. Feel free to cycle if you have an indoor bike.

Equipment: A heavy and lighter set of dumbbells.

Instructions: For **Circuits A + C** do 15 seconds of each exercise back to back. After the third exercise rest for 15sec and then repeat on the minute for 10 minutes. Have a 3 min break between circuits. For **Circuit B** do 30 sec of each exercise back to back, rest for 30 sec after beach sprints and then repeat until you complete 5 rounds.

Circuit (A)

DB thruster

Mountain climbers

DB goblet pulse squat

Circuit (B)

Farmers walk

DB step ups

Beach sprints

Circuit (C)

Walk out press-ups

Punches with DBs

Broad jump burpee

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!

