

# MELTON

TRUCK N' HOME **CIRCUIT**

The Melton Circuits below are designed for the OTR driver or individuals at home who have little or no access to a gym.

Purchase a few pieces of equipment and you are ready to **GO!**

**GOAL:**

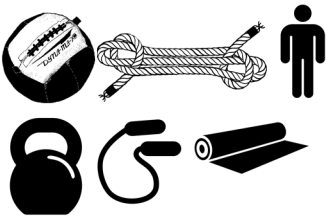
- Monday/Wednesday/Friday - Complete a Circuit Below
- Tuesday/Thursday/Saturday - Complete a brisk 30 minute walk.
- ⚡ **NEWSFLASH** ⚡ You CANNOT outwork a bad diet!
- Start using [myfitnesspal](#) to track you nutrition.

## 780 Reps Challenge



### 6 Rounds of:

- 10 – Goblet Squats
- 10 – Pushups
- 10 – Wall Ball Shots
- 10 – Med Ball Slams
- 40 – Battle Ropes
- 20 – Sit-ups
- 10 – KB Swings
- 20 – Jump Rope Revolutions

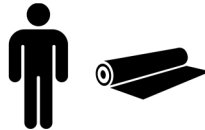


## 300 Spartan Workout



### 3 Rounds of:

- 20 - Air Squats
- 20 - Pushups
- 15 - Squat Jumps
- 5 - Modified Pull-ups
- 20 - Walking Lunges
- 20 - Sit-ups

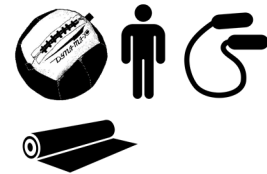


## BOOTCAMP 101



### 3 Rounds of:

- 10 – Sit-ups
- 10 - Pushups
- 20 - Jump Rope
- Plank - :20sec
- 10 - Med. Ball Slams

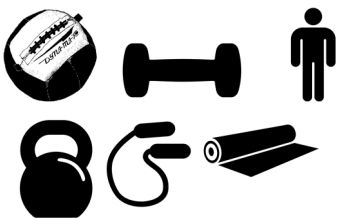


## Renegade Russian Burpee Challenge



### 6 Rounds of:

- 10 – Renegade Rows
- 10 – Kettlebell Russian Twists
- 10 – Med Ball Slams
- 40 - Jump Rope Revolutions
- 10 – Burpees
- 20 – Sit-ups
- 10 – Walking Plank Pushups
- 10 – Air Squats

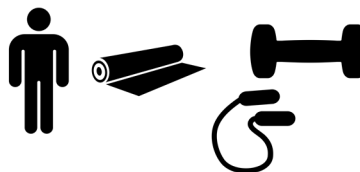


## Upper Body Gun Maker



### 3 Rounds of:

- 20 - Dumbbell Squat Press
- 20 - Sit-ups
- 20 - Reverse Crunches
- 20 - Burpees
- 20 - Pushups
- 20 - Chair Dips
- 10 - Bicep Curls
- 40 - Jump Rope Revolutions

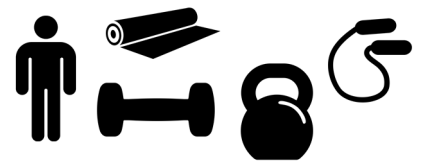


## Lower Body Quad Killa



### 5 Rounds of:

- 40 - Air Squats
- 20 - Walking Lunges
- 20 - Mountain Climbers
- 10 - Goblet Squats
- 20 - Kettlebell Sit-ups
- 10 - Still Leg Deadlifts
- 40 - Jump Rope Revolutions



Medicine Ball



Dumbbell



Exercise Mat



Bodyweight



**Melton**  
Truck Lines, Inc.

# EXERCISE LIST



AIR SQUAT



BATTLE ROPE



BICEP CURL



BURPEE



CHAIR DIP



DUMBBELL SQUAT PRESS



GOBLET SQUAT



JUMP ROPE



KETTLEBELL RUSSIAN TWIST



KETTLEBELL SIT-UP



KETTLEBELL SWING



MED BALL SLAM



MODIFIED PULL-UP



MOUNTAIN CLIMBER



PLANK



PUSHUP



RENEGADE ROW



REVERSE CRUNCH



SIT-UP



STIFF-LEG DEADLIFT



SQUAT JUMP



WALL BALL SHOT



WALKING LUNGE