

## Twitter Thread by Alex Bernier

Alex Bernier

@mythoughtfood



### 8 workouts to tone your body and hone your stamina:

Mega Circuit 1/

<https://t.co/bKMiphtDOv>

Posture&Stamina Mega Circuit

- 10 stations in a row - 8 exercises, and 2 stretches
- 10 reps each
- No rest between stations, 60-90s between circuits

Level up to kickstart your weekend: [pic.twitter.com/mhz4pokFfi](https://t.co/mhz4pokFfi)

— Alex Bernier (@mythoughtfood) [September 9, 2022](#)

Mega Circuit 2/

<https://t.co/v5QhwKNgX8>

Do you feel tense today?

This Posture & Mobility Mega Circuit is for you.

The combo strengthens and loosens strategic places to make you feel better.

Enjoy! [pic.twitter.com/VIYUV2355g](https://t.co/VIYUV2355g)

— Alex Bernier (@mythoughtfood) [September 23, 2022](#)

Mega Circuit 3/

<https://t.co/qceo1tApdX>

### Muscle Toning Mega Circuit

Do all 10 in a row, 8 exercises and 2 stretches

10-12 reps each

You will tone your sleepy muscles up and boost your cardio at once: [pic.twitter.com/pb2wZVtuYr](https://pic.twitter.com/pb2wZVtuYr)

— Alex Bernier (@mythoughtfood) [September 16, 2022](#)

### Mega Circuit 4/

<https://t.co/GZC893LcYb>

### Muscle Stamina Challenge:

- 10-Exercise Mega Circuit

- 12-15 reps/each

- No rest between exercises, 90s between circuits

Boost your body's ability to sustain a prolonged muscular effort. [pic.twitter.com/5OvWykD636](https://pic.twitter.com/5OvWykD636)

— Alex Bernier (@mythoughtfood) [September 30, 2022](#)

### 6/ Plank Triset

5 sets of 3 exercises in a row

10-12 reps/side

No rest between exercises

90s rest between trisets

# Plank Triset



## 6/ Grow Your Glutes Triset

<https://t.co/NcTg97VM5F>

Grow Your Glutes, a Triset for Everybody

Step 1: Hold the quad stretch for 30-60s

Step 2: 6 to 8 Hip Extensions/leg

Step 3: 10 to 20 Lunges/leg

No rest between exercises, 90s after a triset

Time to bring your Glutes back from the dead after this long seated week [pic.twitter.com/vdB51kBdHM](https://pic.twitter.com/vdB51kBdHM)

— Alex Bernier (@mythoughtfood) [September 2, 2022](#)

## 7/ Posture&Mobility Trisets

<https://t.co/oMTAr3F8DJ>

Home Posture Triset:

3 exercises of the same muscle group in a row

10 reps/each, squeeze 3 seconds every rep

This one tones the Rhomboids between your wing bones

Feel the burn and watch your posture pull back [pic.twitter.com/SSs5Hz8Em7](https://pic.twitter.com/SSs5Hz8Em7)

— Alex Bernier (@mythoughtfood) August 26, 2022

## 8/ Lunge Triset

5 sets of 3 exercises in a row

10-12 reps each

No rest between exercises

90s rest between trisets



8 more workouts for your posture and mobility: <https://t.co/8QeLOLDmZp>

8 workouts to lift your posture and relieve some pressure:

— Alex Bernier (@mythoughtfood) August 12, 2022