

## Beginner Circuit Training Routine For Women

Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm up/Stretch  
 Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cool down

Circuit Exercises	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
<b>Dumbbell Squats</b>				
SET 1		10		
SET 2		15		
<b>Push-ups</b>				
SET 1		6		
SET 2		8		
<b>Dumbbell Rows</b>				
SET 1		8		
SET 2		10		
<b>Standing Calve Raises</b>				
SET 1		12		
SET 2		12		
<b>Lunges</b>				
SET 1		10		
SET 2		10		
<b>Swiss Ball Crunches</b>				
SET 1		15		
SET 2		15		

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_  
 Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_

### SUPPLEMENTS USED

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Advanced Circuit Training Routine For Women

Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm up/Stretch  
 Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cool down

Circuit Exercises	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
<b>Dumbbell Squats</b>				
SET 1		15		
SET 2		15		
<b>Push-ups</b>				
SET 1		10		
SET 2		10		
<b>Dumbbell Rows</b>				
SET 1		10		
SET 2		10		
<b>Standing Calve Raises</b>				
SET 1		15		
SET 2		15		
<b>Lunges</b>				
SET 1		10		
SET 2		12		
<b>Swiss Ball Crunches</b>				
SET 1		20		
SET 2		20		

Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_  
 Cardio: \_\_\_\_\_ Time: \_\_\_\_\_ Calories burned: \_\_\_\_\_

### SUPPLEMENTS USED

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 \_\_\_\_\_  
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