

### Circuit-Training Routine

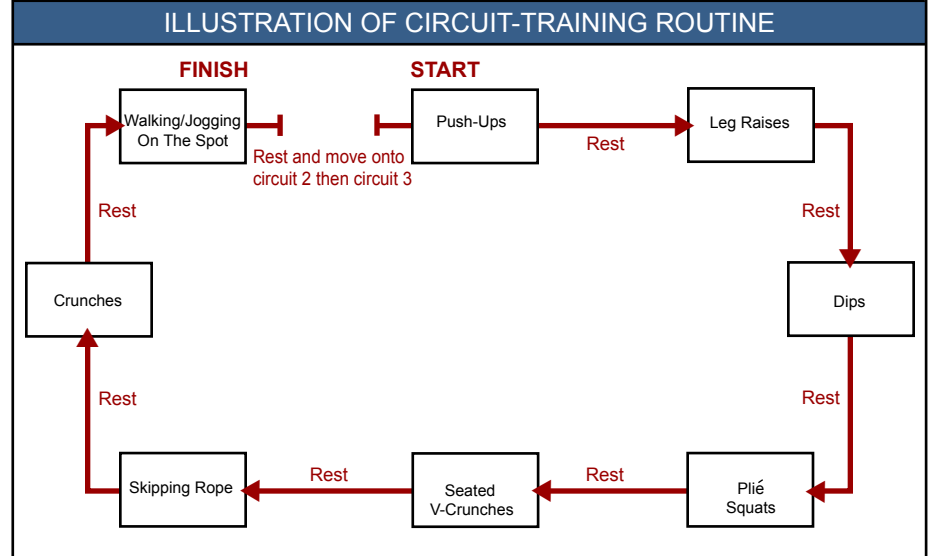
Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm-up/Stretch  
 Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cooldown/Stretch

EXERCISE	Reps/ Time	Notes
<b>Push-Ups</b>		
Circuit 1	10	Rest 10 seconds between exercises
Circuit 2	10	Rest 10 seconds between exercises
Circuit 3	10	Rest 10 seconds between exercises
<b>Leg Raises</b>		
Circuit 1	10	Rest 10 seconds between exercises
Circuit 2	12	Rest 10 seconds between exercises
Circuit 3	12	Rest 10 seconds between exercises
<b>Dips</b>		
Circuit 1	10	Rest 10 seconds between exercises
Circuit 2	10	Rest 10 seconds between exercises
Circuit 3	10	Rest 10 seconds between exercises
<b>Plie Squats</b>		
Circuit 1	10	Rest 10 seconds between exercises
Circuit 2	15	Rest 10 seconds between exercises
Circuit 3	15	Rest 10 seconds between exercises
<b>Seated V-Crunches</b>		
Circuit 1	10	Rest 10 seconds between exercises
Circuit 2	8	Rest 10 seconds between exercises
Circuit 3	12	Rest 10 seconds between exercises
<b>Skipping Rope</b>		
Circuit 1	30 sec.	Rest 10 seconds between exercises
Circuit 2	40 sec.	Rest 10 seconds between exercises
Circuit 3	30 sec.	Rest 10 seconds between exercises
<b>Crunches</b>		
Circuit 1	10	Rest 10 seconds between exercises
Circuit 2	10	Rest 10 seconds between exercises
Circuit 3	12	Rest 10 seconds between exercises
<b>Walking/Jogging On The Spot</b>		
Circuit 1 (Jog)	30 sec.	Rest 60 seconds between circuits
Circuit 2 (Walk)	60 sec.	Rest 60 seconds between circuits
Circuit 3 (Jog)	40 sec.	FINISH

### Circuit-Training Routine

**EXERCISE NOTES**

- Click on the exercises on the left side of the page to see a demonstration. (No demonstration for walking)
- Complete all exercises for circuit 1, then start over for circuits 2 and 3 (following the reps, time, and rest periods).
- Rest 60 seconds between each circuit.
- Do a 7-minute cardio warm-up and cooldown before and after workout.



**Supplements Used**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_