

Circuit Training



NAME _____			DATE /	DATE /	DATE /	DATE /	DATE /	DATE /	DATE /	DATE /	DATE /	DATE /	DATE /
NO.	MUSCLE GROUP	EXERCISE	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :	WORK:REST :
1													
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22													
23													
24													
TOTAL													

1. Count and document your reps
2. Rotate, as soon as you are done

3. Watch the next station
4. Maintain correct form

5. Exhale on exertion
6. Work through the entire range of motion

7. Move gradually

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NO.	MUSCLE GROUP	EXERCISE											
1	Lower Body	Knee Raises											
2	Lower Body	Lunge											
3	Shoulders	Frontal Raise											
4	Shoulders	Hanging											
5	Back	Frontal Press Down											
6	Back	Behind Back Press											
7	Core	Hanging Knee Raises											
8	Core	Crunches											
9	Shoulders	Internal Rotation											
10	Shoulders	External Rotation											
11	Chest	Inclined Push Up											
12	Chest	Fly											
13	Lower Body	Step Up											
14	Chest	Chest Press											
15	Arms	Standing Arm Curl											
16	Lower Body	Stepper											
17	Back	Standing Row											
18	Core	Core Rotation											
19	Shoulders	Shoulder Press											
20	Arms	Boxing											
21	Arms	Seated Arm Curl											
22	Lower Body	Elliptical											
23	Arms	Arm Cycling											
24	Back	Back Extension											
TOTAL													

- 1. Count and document your reps
- 2. Rotate, as soon as you are done

- 3. Watch the next station
- 4. Maintain correct form

- 5. Exhale on exertion
- 6. Work through the entire range of motion

- 7. Move gradually