

SIMPLE STRENGTH CIRCUIT

This is a very simple but effective strength building circuit that you would do 2 – 3 times per week with at least 1 rest day between sessions.

You are doing 3 circuits through from top to bottom with no rest between exercises but 1-2 minutes rest between circuits.

You are lifting heavy enough that you are pushing hard for the last 3-4 reps. Keep your reps slow and controlled for this circuit.

The exercises in this program are all in the Exercise Library in the Resources Section.

As always warm-up fully before you begin and cool-down and stretch to finish up to avoid injury.

You can print out this program to take to the gym with you and record your weight.

EXERCISE	BODYPART in Exercise Directory	REPS	WEIGHT
Push Press 2 Arm	Whole Body	10	
Push-up – W/Rotation w/DB	Whole Body	10	
Lunge – Forward w/ Bicep Curl	Whole Body	10	
Lateral Raise – Integrated Squat	Whole Body	10	
Deadlift to Row w/ Barbell	Whole Body	10	
1 Arm Snatch	Whole Body	10	
Dips – Heels on bench	Triceps	10	NA
Abdominals – Supine Lowering	Abdominals	10	NA
Plank – SB w/ Overhead Press	Abdominals	10	NA