

SAMPLE **CIRCUIT** WORKOUT

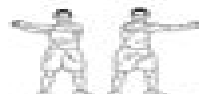
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



20 high knees



40 side-to-side chops



one squat



20 lunges



10-count plank hold



20 climbers



10 plank jump-ins



to failure push-ups

Difficulty Levels:

Level I: normal

Level II: hard

Level III: advanced

Repeat the circuit (all exercises)
3, 5 or 7 times in total depending on
the level you choose

1 set

10 jumping jacks

20 high knees (10 each leg)

40 side-to-side chops (20 each side)

one squat = 1 squat

20 lunges (10 each leg)

10-count plank (hold while counting to 10)

20 climbers (10 each leg)

10 plank jump-ins

to failure push-ups (your maximum)

Up to 2 minutes rest between sets

30 seconds, 60 seconds or 2 minutes -
it's up to you.

SAMPLE **CLASSIC** WORKOUT

2 minutes rest between exercises



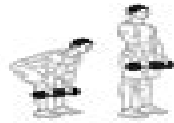
20 push-ups x 4 sets in total
20 seconds rest between sets



10 renegade rows x 4 sets in total
20 seconds rest between sets



20 bicep curls x 4 sets in total
20 seconds rest between sets



10 deadlifts x 4 sets in total
20 seconds rest between sets

Complete all sets for each exercise first,
then move on to the next exercise;

E.g., Do 20 push-ups, rest 20 seconds
then repeat - 4 times in total.
Move on to renegade rows and so on.

All reps are given in total:

E.g., 10 renegade rows = 5 reps per side.

Up to 2 minutes rest between exercises

30 seconds, 60 seconds or 2 minutes -
it's up to you.

Workout Manual

Mike Fisher

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Workout Manual:

The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

Classical Pilates Mat Instructor Manual: Authentic Training Resource (English Edition) Dr. Melinda Bryan, DPT, Principal Pilates Master Teacher Trainer, Kaz®, 2009 Authored by Dr Melinda Bryan DPT Principal Pilates Master Teacher Trainer GEN2 this first volume in her definitive series is the official guide to Classical Pilates Mat work It delivers the full Mat repertoire from beginner fundamentals to advanced sequences while preserving the authentic integrity of Joseph Pilates original method First established in 1992 it has shaped certification programs worldwide for over three decades Combining Dr Bryan s clinical expertise as a Doctor of Physical Therapy with her 35 years of teaching experience it remains the trusted reference for instructors and practitioners seeking mastery of Classical Pilates Mat work This manual offers a comprehensive repertoire of Mat exercises serves as a global benchmark for certification is rooted in Joseph Pilates original teachings and is authored by a medical and Pilates authority Dr Melinda Bryan DPT As a cornerstone of Classical Pilates training it is trusted in 14 languages and available in print and ePub formats Master Classical Pilates Mat work with the definitive manual trusted by instructors and practitioners worldwide [The Complete Idiot's Guide to Short Workouts](#) Deidre Johnson-Cane, Jonathan

Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts **The Complete Fitness Guide for Women** Mamta Singh, 2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU **Circuit Training for**

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