

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

CIRCUIT TRAINING

- * Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.
- * Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

- * AMAP = As many as possible
- * AMRAP = As many rounds as possible

No	Exercise	Time	Reps
Circuit 1: 3 Rounds			
01	Burpees	30sec	AMAP
02	Kettlebell Swings	60sec	AMAP
03	Box Jumps	90sec	AMAP
Circuit 2: 3 Rounds			
01	Jumping Lunges	30sec	AMAP
02	Mountain Climbers	60sec	AMAP
03	V-Ups	90sec	AMAP
Circuit 3: 3 Rounds			
01	Broad Jumps	30sec	AMAP
02	Kettlebell Sumo Deadlift	60sec	AMAP
03	Burpees	90sec	AMAP

TRAINING, NUTRITION & SUPPLEMENT NOTES:
