LIFT.
Printable Workouts

WORKOUT DURATION: **INTENSITY:**   **CARDIO TODAY?**

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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

№	Exercise	Time	Reps
	Circuit 1: 4 Rounds		
01	Jump Rope	20sec	AMAP
02	Single Arm Kettlebell Cleans	20sec	AMAP
	Circuit 2: 4 Rounds		
01	Running Lunges	20sec	AMAP
02	Box Jumps	20sec	AMAP
	Circuit 3: 4 Rounds		
01	Burpees	20sec	AMAP
02	Kettlebell Squat Cleans	20sec	AMAP
	Circuit 4: 4 Rounds		
01	Push Ups	20sec	AMAP
02	Mountain Climbers	20sec	AMAP

TRAINING, NUTRITION & SUPPLEMENT NOTES:

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