

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	Sets	Reps
Circuit 1: AMRAP			
01	Burpees	01	10
02	Bodyweight Squats	01	20
03	Sit Ups	01	30
Circuit 2: AMRAP			
01	Handstand Push ups	01	5
02	Jumping Lunges	01	10
03	Mountain Climbers	01	15
Circuit 3: 20 Minutes			
01	Burpees	01	10
02	Box Jumps	01	15
03	Barbell Step Ups	01	15
04	Kettlebell Pass Throughs	01	20

TRAINING, NUTRITION & SUPPLEMENT NOTES:

LIFT.

Printable Workouts

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LIFT. DATE: _____ LIFT.

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