

Your week 2 circuit workout is listed below.

You will have three different circuits, with three exercises in each circuit.

### Directions:

Perform a 5-10 minute warmup.

Perform each circuit two times with 10-12 repetitions of each exercise unless time is specified. If there is a \* next to the exercise, complete reps on both sides of the body.

### TRACK YOUR PROGRESS

Cross off each set as you go!

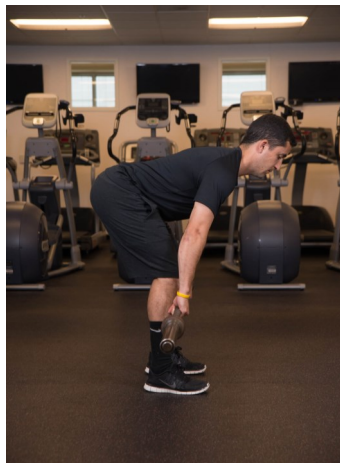
CIRCUIT 1		
EXERCISE	SET 1	SET 2
Deadlift	10 -12 reps	10 -12 reps
Reverse Fly	10 -12 reps	10 -12 reps
Plank Shoulder Taps	30 seconds	30 seconds

CIRCUIT 2		
EXERCISE	SET 1	SET 2
Reverse Lunge*	10 -12 reps	10 -12 reps
Chest Press	10 -12 reps	10 -12 reps
High Knees	30 seconds	30 seconds

CIRCUIT 3		
EXERCISE	SET 1	SET 2
Plie Squat	10-12 reps	10-12 reps
High Pull	10 -12 reps	10 -12 reps
Crunch	30 seconds	30 seconds

**Exercise:** Deadlift

**Advance:** With Barbell



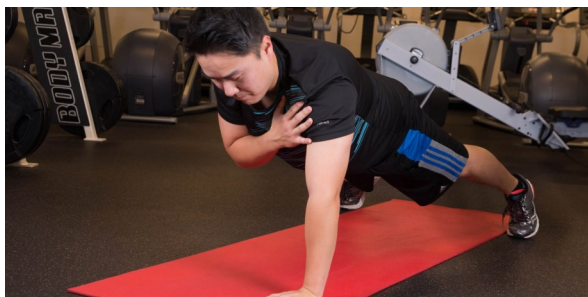
**Exercise:** Reverse Fly

**Advance:** Row to Reverse Fly



**Exercise:** Plank Shoulder Taps (Hands Elevated)

**Advance:** On Ground



**Exercise:** Reverse Lunge

**Advance:** Add Overhead Press



**Exercise:** Chest Press (Ground)

**Advance:** Lay on Bench or Step



**Exercise:** March in Place

**Advance:** High Knees



**Exercise:** Plie Squat

**Advance:** Add Dumbbells



**Exercise:** High Pull

**Advance:** Increase Weight



**Exercise:** Crunch (Hand Slide)

**Advance:** Crunch (Arms Crossed)

