

# WEEK 3: CIRCUIT WORKOUT

Your week 3 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 15 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!

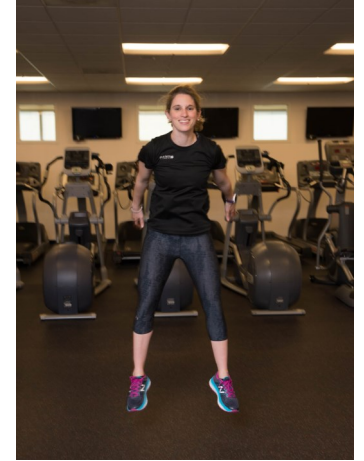
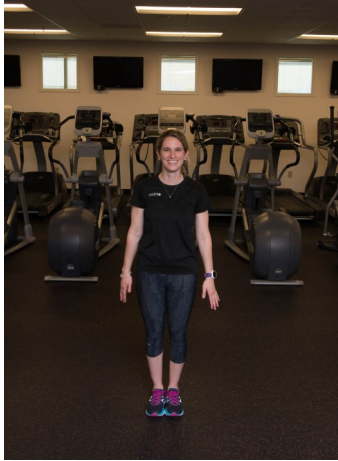
CIRCUIT 1		
EXERCISE	SET 1	SET 2
Jump Squats	15 reps	15 reps
Chest Fly	15 reps	15 reps
Dumbbell Wood Chops*	30 seconds	30 seconds

CIRCUIT 2		
EXERCISE	SET 1	SET 2
Step Ups*	15 reps	15 reps
Back Extension "Y"	15 reps	15 reps
Penguin	30 seconds	30 seconds

CIRCUIT 3		
EXERCISE	SET 1	SET 2
Goblet Squat	15 reps	15 reps
Incline Pushup	15 reps	15 reps
Oblique Crunch	30 seconds	30 seconds

**Exercise:** Squat to Stand

**Advance:** Jump Squats



**Exercise:** Chest Fly (On Ground)

**Advance:** Lay on Bench or Step



**Exercise:** Half Kneeling Wood Chop

**Advance:** Standing Wood Chop



**Exercise:** Step Ups

**Advance:** Hold Dumbbells



**Exercise:** Back Extension “W”

**Advance:** Back Extension “Y”



**Exercise:** Penguin

**Advance:** Slow down movement



**Exercise:** Goblet Squat

**Advance:** Increase Weight



**Exercise:** Incline Pushup Knees

**Advance:** Increase Pushup Toes



**Exercise:** Oblique Crunch Knees Bent

**Advance:** Oblique Crunch Legs Extended

