

# WEEK 4: CIRCUIT WORKOUT



Your week 4 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 three 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	SET 3
Alternating Chest Press	10 -12 reps	10 -12 reps	10 -12 reps
Deadlift	10 -12 reps	10 -12 reps	10 -12 reps
High Plank Hold	30 seconds	30 seconds	30 seconds

CIRCUIT 2			
EXERCISE	SET 1	SET 2	SET 3
Dropdown Lunge*	10 -12 reps	10 -12 reps	10 -12 reps
Wide Row	10 -12 reps	10 -12 reps	10 -12 reps
Wall Sit Hold	30 seconds	30 seconds	30 seconds

CIRCUIT 3			
EXERCISE	SET 1	SET 2	SET 3
Lateral Step Squats*	10 -12 reps	10 -12 reps	10 -12 reps
Push Press	10 -12 reps	10 -12 reps	10 -12 reps
Mountain Climbers	30 seconds	30 seconds	30 seconds

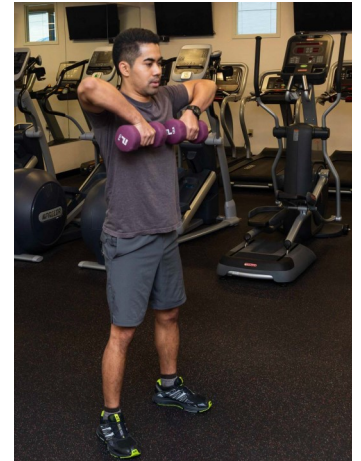
**Exercise:** Alternating Chest Press (On Ground)

**Advance:** Lay on Bench or Step



**Exercise:** Deadlift

**Advance:** Deadlift to High Pull



**Exercise:** High Plank Hold (Knees)

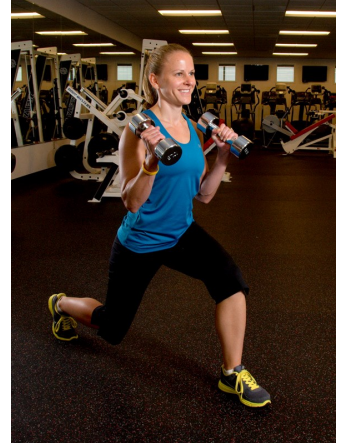
**Advance:** High Plank Hold (Toes)





**Exercise:** Dropdown Lunge

**Advance:** Add Bicep Curl



**Exercise:** Wide Row

**Advance:** Use Barbell



**Exercise:** Wall Sit Hold

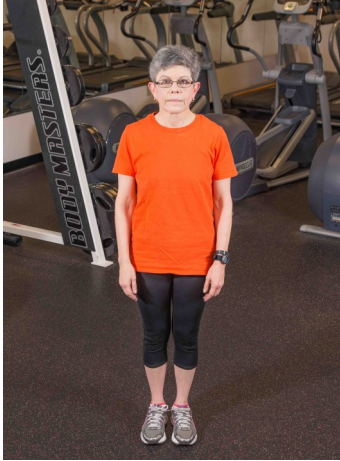
**Advance:** Add Stomps





## Exercise: Lateral Step Squats

Advance: Add Dumbbells



## Exercise: Push Press

Advance: Power Clean



## Exercise: Mountain Climbers (Hands Elevated)

Advance: Mountain Climbers (On Ground)

