

WEEK 7: CIRCUIT WORKOUT



Your week 7 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	SET 3
Side Lunge Curl*	15 reps	15 reps	15 reps
Incline Pushups	15 reps	15 reps	15 reps
High Plank	30 seconds	30 seconds	30 seconds

CIRCUIT 2			
EXERCISE	SET 1	SET 2	SET 3
Reverse Fly	15 reps	15 reps	15 reps
Glute Bridge Hold	1 minute	1 minute	1 minute
Burpee	15 reps	15 reps	15 reps

CIRCUIT 3			
EXERCISE	SET 1	SET 2	SET 3
Goblet Squat	15 reps	15 reps	15 reps
Bent Over Row	15 reps	15 reps	15 reps
Side Plank Hold	30 seconds	30 seconds	30 seconds

Exercise: Side Lunge Curl

Advance: Increase Weight



Exercise: Incline Pushups

Advance: Pushups (On Ground)



Exercise: High Plank (Hold)

Advance: Plank Row



Exercise: Reverse Fly

Advance: Increase Weight



Exercise: Glute Bridge Hold



Exercise: Burpee with Hands Elevated

Advance: Burpee on Ground



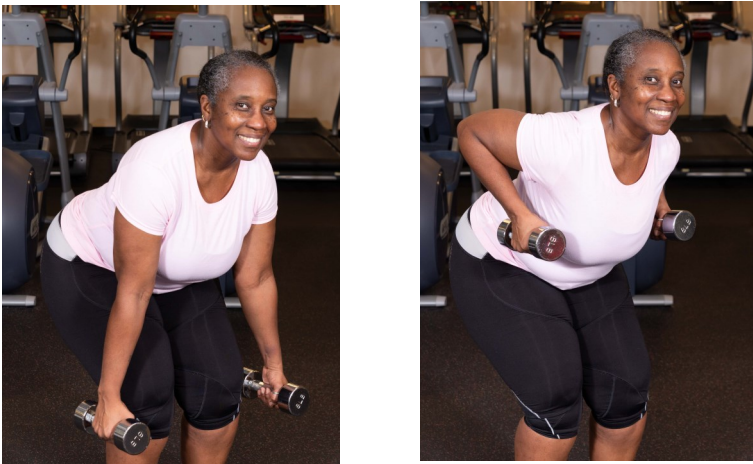
Exercise: Goblet Squat

Advance: Increase Weight



Exercise: Bent Over Row

Advance: Increase Weight



Exercise: Side Plank (Bottom Knee Down)

Advance: Side Plank

