

WARM-UP									
EXERCISE (CIRCUIT)	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
PUSH-UPS		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
JUMPING JACKS		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
SPEED SQUATS		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
BURPEES		:20			:30			:40	
JOG IN PLACE	1	:20	BW	1	:30	BW	1	:40	BW
MOUNTAIN CLIMBERS		:20			:30			:40	
EXERCISE - CIRCUIT #1									
	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
WEIGHTED SQUAT	1	12		1	15		1	20	
PUSH-UP	1	10	BW	1	15	BW	1	20	BW
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED OVERHEAD SQUAT	1	12		1	15		1	20	
WEIGHTED TWO ARM ROW	1	12		1	15		1	20	
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED FRONT SQUAT	1	12		1	15		1	20	
WEIGHTED SUPINE CHEST PRESS	1	12		1	15		1	20	
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED STR LEG DEADLIFT	1	12		1	15		1	20	
WEIGHTED ONE-ARM ROW	1	12		1	15		1	20	
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW
EXERCISE - CIRCUIT #2									
	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
WEIGHTED FORWARD LUNGE	1	12		1	15		1	20	
WEIGHTED SHOULDER PRESS	1	12		1	15		1	20	
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED LATERAL LUNGE	1	12		1	15		1	20	
WEIGHTED UPRIGHT ROW	1	12		1	15		1	20	
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED REAR LUNGE	1	12		1	15		1	20	
WEIGHTED REAR SHOULDER - "T"	1	12		1	15		1	20	
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW
SINGLE-LEG GLUTE BRIDGE	1	12		1	15		1	20	
WEIGHTED REAR SHOULDER - "Y"	1	12		1	15		1	20	
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW
EXERCISE - CIRCUIT #3									
	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
WEIGHTED GOBLET SQUAT	1	12		1	15		1	20	
WEIGHTED ALT ARM BICEP CURL	1	12		1	15		1	20	
JUMPING JACKS	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED SQUAT	1	12		1	15		1	20	
WEIGHTED OVERHEAD TRICEP EXTENSION	1	12		1	15		1	20	
SPEED SQUATS	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED FORWARD LUNGE	1	12		1	15		1	20	
WEIGHTED HAMMER CURL	1	12		1	15		1	20	
BURPEES	1	:20	BW	1	:30	BW	1	:40	BW
WEIGHTED STR LEG DEADLIFT	1	12		1	15		1	20	
WEIGHTED SUPINE TRICEP EXTENSION	1	12		1	15		1	20	
MOUNTAIN CLIMBERS	1	:20	BW	1	:30	BW	1	:40	BW
EXERCISE - CORE									
	BEGINNER			INTERMEDIATE			ADVANCED		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
WEIGHTED AB CRUNCH	1	15		1	25		1	40	
FRONT PLANK	1	:20	BW	1	:30	BW	1	:45	BW
WEIGHTED AB REACH	1	15		1	25		1	40	
RIGHT PLANK	1	:20	BW	1	:30	BW	1	:45	BW
SIDE CRUNCH - OPP SHOULDER TO KNEE	1	:20	BW	1	:30	BW	1	:45	BW
LEFT PLANK	1	:20	BW	1	:30	BW	1	:45	BW
REVERSE CRUNCH	1	:20	BW	1	:30	BW	1	:45	BW
SUPERMAN	1	:20	BW	1	:30	BW	1	:45	BW
SCISSORS	1	:20	BW	1	:30	BW	1	:45	BW
BICYCLE	1	:20	BW	1	:30	BW	1	:45	BW