



Name : Circuit Program-Remember to stretch at the end for 5min

Date : 26-8-2020

Consultant : Lisa Niglia

Jog OTS or your choice				Step Up				Up Row				Skipping			
								<p>-Keep back straight -Chest out -Head up</p>							
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
1	3-5min			X3	1min			X3	1min			X3	1min		
Crunch Curl				Tricep Dips off step				BB Bicep Curls				Side step over x4 towels			
								<p>Supination EZ-bar</p>							
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
X2	1min			X3	20			X3	20			X3	1min		
Alt arm swim				Step Straddle				BB Shoulder Press				Shoulder Stretch			
								<p>-Keep back straight -Chest out -Head up</p>							
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
X3	1min			X3	1min			X3	20			1	10sec		