

Circuit Program 4 Here we go again

Equipment : Mat DB timer

Circuit x2 Stretch 2-5

Name :

Date : 16-9-2020

Consultant :



Lisa

warmup your choice				Squats				Shoulder press 45				Bicep curl			
				Medium stance 								Neutral grip 			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
1	5min			X2	1min			X2	1min			X2	1min		
Standing Triceps overhead				Sumo Squats				Single arm row				Push Ups			
								-keep back straight -chest out -head up to hip 							
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
X2	1min			X2	1min			X2	1min			X2	1min		
Crunch				Jump Squats 45				Shoulder up right row				Cardio your choice			
												Jump and jack 			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
X2	1min			X2	1min			X2	1m			1	5min		