



GYM CIRCUIT TRAINING

-Complete 1 set of each exercise.

-Rest 60-90 sec

-Repeat 3-5 Sets altogether

	REPS/TIME	EXERCISE
A1	15 Reps	<p>Wide Grip Lat Pulldowns</p> <p>Using outer Lat (Back) and a wide grip on the bar, lean back slightly and keep your chest up. Pull the bar down to your collar bone. Pause and slowly return to starting position.</p>
A2	15 Reps	<p>Press Ups</p> <p>Starting in a full or half press up. If you can't do full or half press up you can try a box press up</p>
A3	15 Reps	<p>Sumo Deadlifts</p> <p>Brace your core and glutes throughout the whole movement. Slowly lower keeping the bar close to your shins, pause and return to start.</p>
A4	15 Reps	<p>Squat Jumps</p> <p>A great full body sweat exercise. Keep the pace as fast as possible with the squat jump.</p>
A5	15 Reps	<p>Tricep Bench Dips</p> <p>Tuck your elbows in at your sides. Slowly lower to a 90degree bend in your elbows. Pause & return to start.</p>
A6	15 Reps/Leg	<p>DB Walk Lunges</p> <p>Start with feet together. Step forwards with left leg & lower into lunge. Pause at the bottom and drive through heels as you step forwards onto the right leg.</p>
A7	15 Reps	<p>Sit Ups</p> <p>Brace core by drawing your belly button in towards your spine. Use your core to perform a sit up.</p>
A8	15 Reps	<p>BB Bicep Curls</p> <p>Standing upright and elbows locked at your side , Squeeze Biceps and bring bar up to your collar bone. Pause and slowly lower to start position.</p>