

Circuit Training

Name: _____

Complete three sets of maximum repetitions of each exercise with a one-minute recovery between each set and two minutes recovery between each exercise. Record the reps.

Week 4	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Press Ups																					
Sit Ups																					
One leg squats (R)																					
One leg squats (L)																					
Squat Thrusts																					
Pull Ups																					
Step Ups																					
Dips																					

Week 5	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Press Ups																					
Sit Ups																					
One leg squats (R)																					
One leg squats (L)																					
Squat Thrusts																					
Pull Ups																					
Step Ups																					
Dips																					

Week 6	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Press Ups																					
Sit Ups																					
One leg squats (R)																					
One leg squats (L)																					
Squat Thrusts																					
Pull Ups																					
Step Ups																					
Dips																					

Circuit Training

Name: _____

Complete three sets of maximum repetitions of each exercise with a one-minute recovery between each set and two minutes recovery between each exercise. Record the reps.

Week 7	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Press Ups																					
Sit Ups																					
One leg squats (R)																					
One leg squats (L)																					
Squat Thrusts																					
Pull Ups																					
Step Ups																					
Dips																					

After the seventh week the seven exercises are completed every other day during the general training phases and then once a week during the specific training phases.

Week 8 >>>	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Press Ups																					
Sit Ups																					
One leg squats (R)																					
One leg squats (L)																					
Squat Thrusts																					
Pull Ups																					
Step Ups																					
Dips																					