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 1	M	Ionday	,	Tuesda	у	W	ednesd	ay	7	hursda	y	Friday	5	Saturda	y	Sunday	
Press Ups																	
Sit Ups																	
One leg squats (R)																	
One leg squats (L)																	
Squat Thrusts																	
Pull Ups																	
Step Ups																	
Dips																	

Week 2	Monda	ıy	Tuesday	y	W	ednesd	ay	Г	hursda	y	Friday	5	Saturda	y	Sunday	,
Press Ups																
Sit Ups																
One leg squats (R)																
One leg squats (L)																
Squat Thrusts																
Pull Ups																
Step Ups																
Dips																

Week 3	l	Monday	/	7	Tuesda	у	W	ednesd	ay	7	hursda	y	Friday	,	Saturda	y	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 4	Monda	ay	Τι	uesday	1	W	ednesd	ay	Т	hursda	y	Friday	5	Saturda	y	Sunday	
Press Ups																	
Sit Ups																	
One leg squats (R)																	
One leg squats (L)																	
Squat Thrusts																	
Pull Ups																	
Step Ups																	
Dips																	-

Week 5	Monda	y	Tuesda	у	W	ednesd	ay	Г	hursda	y	Friday	,	Saturda	y	Sunday	
Press Ups																
Sit Ups																
One leg squats (R)																
One leg squats (L)																
Squat Thrusts																
Pull Ups																
Step Ups																
Dips																

Week 6	M	onday	,	7	Tuesday	y	W	ednesd	ay	Т	`hursda	y	Friday	,	Saturda	y	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 >>>	Mond	ay	Tues	sday	V	ednesd	ay	Г	hursda	у	Friday	,	Saturda	у	Sunday	
Press Ups																
Sit Ups																
One leg squats (R)																
One leg squats (L)																
Squat Thrusts																
Pull Ups																
Step Ups																
Dips																