

Workout Program #3
 3 Day Total Body Circuit (3 x 10)

Name _____

Day #1: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Machine Bench Press	10		10		10	
Lat Pulldown	10		10		10	
Hip Sled	10		10		10	
DB Lateral Raise	10		10		10	
Tricep Pushdown	10		10		10	
DB Bicep Curl	10		10		10	
Leg Extension	10		10		10	
Leg Curl	10		10		10	
Abdominal Machine	10		10		10	

Day #2: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Machine Bench Press	10		10		10	
Lat Pulldown	10		10		10	
Hip Sled	10		10		10	
DB Lateral Raise	10		10		10	
Tricep Pushdown	10		10		10	
DB Bicep Curl	10		10		10	
Leg Extension	10		10		10	
Leg Curl	10		10		10	
Abdominal Machine	10		10		10	

Day #3: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Machine Bench Press	10		10		10	
Lat Pulldown	10		10		10	
Hip Sled	10		10		10	
DB Lateral Raise	10		10		10	
Tricep Pushdown	10		10		10	
DB Bicep Curl	10		10		10	
Leg Extension	10		10		10	
Leg Curl	10		10		10	
Abdominal Machine	10		10		10	