

Workout Program #1

3 day total body circuit

Rest 48 hours between workouts

Name _____

Day #1: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Box Steps	15		15	
DB Bench Press	15		15	
1 Arm D.B. Row	15		15	
Abdominal Machine	15		15	
DB Seated Tricep Extension	15		15	
DB Lunge	15		15	
DB Lateral Raise	15		15	
DB Bicep Curl (Alternating)	15		15	
Hip Sled	15		15	
Rev Crunch (Ball)	15		15	

Day #2: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Box Steps	15		15	
DB Bench Press	15		15	
1 Arm D.B. Row	15		15	
Abdominal Machine	15		15	
DB Seated Tricep Extension	15		15	
DB Lunge	15		15	
DB Lateral Raise	15		15	
DB Bicep Curl (Alternating)	15		15	
Hip Sled	15		15	
Rev Crunch (Ball)	15		15	

Day #3: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Box Steps	15		15	
DB Bench Press	15		15	
1 Arm D.B. Row	15		15	
Abdominal Machine	15		15	
DB Seated Tricep Extension	15		15	
DB Lunge	15		15	
DB Lateral Raise	15		15	
DB Bicep Curl (Alternating)	15		15	
Hip Sled	15		15	
Rev Crunch (Ball)	15		15	