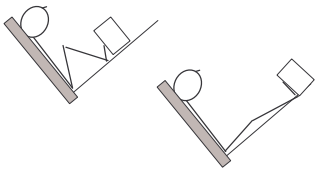
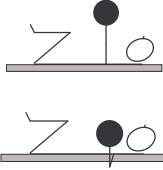
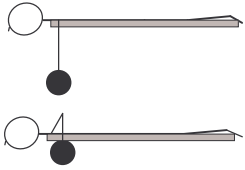
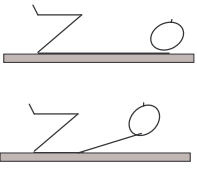
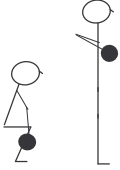
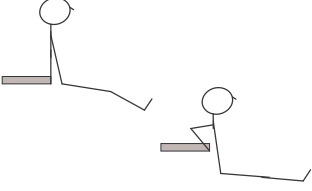


Circuit Training 1 (General Strength)

For circuit training 1a, exercises 1-2-3 ONLY.

For circuit training 1b, exercises 1-2-3-4-5-6.

#	Exercises	% Max	Reps	#	Exercises	% Max	Reps
1	Legs Press 	≈ 40% ≈ 45% ≈ 60% ≈ 65% ≈ 65% ≈ 40%	70 50 30 20 20 70	4	Bench Press 	≈ 50% ≈ 75% ≈ 70% ≈ 70% ≈ 50%	30 15 15 15 30
2	Bench Pull 	≈ 50% ≈ 55% ≈ 65% ≈ 70% ≈ 70% ≈ 50%	70 50 25 15 15 70	5	Crunch 	\	5x50
3	Rowing Power Clean 	≈ 50% ≈ 65% ≈ 65% ≈ 65% ≈ 50%	30 15 15 15 30	6	Bench dips 	\	5x To the max

All sets should be performed for each exercise before moving on to the next exercise.

2min rest between each set.

Rate for each exercises ≈ 32-40 strokes per minute at ≈50%max, and much slower as you increase the load.

The percentages are guidelines only and do not represent absolutes.