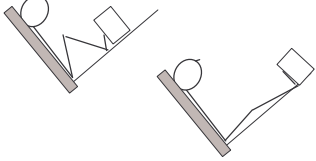
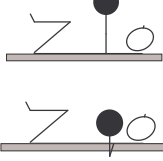
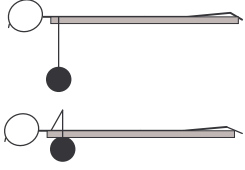
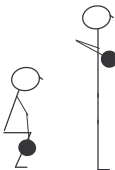


## Circuit Training 4 (Power)

#	Exercises	% Max	Reps	#	Exercises	% Max	Reps
1	 <p><b>Legs Press</b></p>	≈ 45% ≈ 60% ≈ 75% ≈ 75% ≈ 75% ≈ 75%	50 30 10 10 10 10	4	 <p><b>Bench Press</b></p>	≈ 50% ≈ 60% ≈ 75% ≈ 75% ≈ 75% ≈ 75%	30 20 10 10 10 10
2	 <p><b>Bench Pull</b></p>	≈ 50% ≈ 60% ≈ 75% ≈ 75% ≈ 75%	30 20 10 10 10				
3	 <p><b>Rowing Power Clean</b></p>	≈ 50% ≈ 50% ≈ 75% ≈ 75% ≈ 75%	30 15* 10 10 10				

**All sets should be performed for each exercise before moving on to the next exercise.  
2min rest between each set.**

You actually train for Power when performing the **10 reps at about 75%** of your maximum.  
To train for Power, it is essential to lift the weight **as quickly as possible**.  
Unless you perform the movement in an **explosive** (dynamic) way, there will be little effect on your power development.

The percentages are guidelines only and do not represent absolutes.

\*: Just as a warm-up