

# UNTIMED CIRCUIT

Name \_\_\_\_\_

**Instructions:** Perform the listed exercises continuously for a fixed amount of repetition in a circuit training format. You have an option to engage into a cardiovascular transition activity between exercises to help maintain intensity. **CIRCLE YOUR REPETITIONS THAT YOU CHOOSE.**

Exercises:	Date:	Date:	Date:	Date:	Date:
Chest Press	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Incline Press	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Cable Back Row	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Triceps Extension	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Lat Pull-down	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Shoulder Press	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Machine Back Row	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Sumo Squat/Leg Press	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Seated Leg Press	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Chest Press	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Bench Press	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Barbell Squat	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Leg Curls	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Leg Extension	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Biceps Preacher Curl	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Upright Row	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Core: Decline	30 40	30 40	30 40	30 40	30 40
Core: Plank	30 40	30 40	30 40	30 40	30 40
Core: Curl	30 40	30 40	30 40	30 40	30 40
Core: Abs Machine	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____	30 40 Weight: _____
Instructor signature					

**Transitions:** Exercises that can be performed between the primary exercises. They are cardiovascular based and are the following: **Jumping Jacks, Jump squats, High Knees, jump rope, line jumps and Burpees.**