

3-day/week Circuit Training Workout - CT-10

MONDAYS, WEDNESDAYS & FRIDAYS

Warm-up for 10 minutes using your favorite cardio machine or activity.

	Sets	Reps
CIRCUIT	walking lunges	1 15 steps/leg
	wide-grip lat pulldown	1 12
	machine bench press	1 12
	incline reverse crunches	1 12
	barbell bicep curl	1 12
	jump rope	1 2 minutes
	cable tricep pushdown	1 12
	standing calf machine	1 12
seated dumbbell shoulder press	1 12	

Cool down for 10 minutes using your favorite cardio machine or activity.



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