

3-day/week Circuit Training Workout - CT-11

MONDAYS, WEDNESDAYS & FRIDAYS

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

	Sets	Reps
CIRCUIT	leg press	1 15
	narrow-grip machine pullups	1 12
	dumbbell bench flys	1 12
	abdominal crunches	1 12
	dumbbell curls	1 12
	bike or treadmill	
	machine tricep d	
	step ups	
barbell upright ro		

TUESDAYS, SATURDAYS & SUNDAYS



www.fitness-and-bodybuilding-workouts.com

* Copyright fitness-and-bodybuilding-workouts.com. ALL RIGHTS RESERVED.
No part of this workout may be reproduced or transmitted in any form or by any means
without the express written permission of fitness-and-bodybuilding-workouts.com