

## 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



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