

Strength Circuit Phase II

Make any notes you'd like, but be sure to record your progress where specified.

Warm-Up	1 min Jog in Place	Week 5 Notes: Lawnmowers (Weight x Reps): _____ Arnold Presses (Weight x Reps): _____
	50 Wide High Knees	
	30 Jumping Jacks	
	30 Forward Arm Circles	
	30 Reverse Arm Circles	
	20 sec Overhead Triceps Stretch each	
	30 sec Wide Leg Hamstring Stretch	
	5 Shoulder Rolls each direction	
Main Workout Complete Two Times	10 each Reverse Lunges	Week 6 Notes: Lawnmowers (Weight x Reps): _____ Arnold Presses (Weight x Reps): _____
	10 Wide Slow Push Ups	
	5 Plank Jumps	
	10 Close Grip Push Ups	
	20 Walking Lunges	
	10 Lawnmowers each side (record weight & reps for second set)	
	3 Full Banana Rolls (5 sec holds)	Week 7 Notes: Lawnmowers (Weight x Reps): _____ Arnold Presses (Weight x Reps): _____
	10 Alternating Dumbbell Curls (each arm)	
	10 Arnold Presses (record weight & reps for second set)	
	After first circuit, take 1 min water break then return to Reverse Lunges for one more circuit.	
Cool-Down	1 min Easy March or Kicks	Week 8 Notes: Lawnmowers (Weight x Reps): _____ Arnold Presses (Weight x Reps): _____
	3 Scrape the Wall Chest Stretches	
	20 Back Slappers	
	20 sec Seated Hamstring Stretch	
	20 sec Cobbler's Pose (groin stretch)	
	30 sec Relaxation Pose	