

Strength Circuit Phase III

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

Warm-Up	1 min Jog in Place	Week 9 Notes: Rows (Weight x Reps): _____ Front/Side Raise (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	20 Slow Squats	Week 10 Notes: Rows (Weight x Reps): _____ Front/Side Raise (Weight x Reps): _____
	10 Walking Push Ups	
	10 Front Broad Jumps	
	10 Prison Push-Ups	
	20 Side Lunges	
	10 Dumbbell Hammer Curls	
	30 sec Boat Pose	
	10 Reverse Grip Dumbbell Rows (record weight & reps for second set)	
	10 Dumbbell Front/Side Raise Combos (record weight & reps for second set)	
	After first circuit, take 1 min water break then return to Slow Squats for one more circuit.	
Cool-Down	1 min Easy March or Kicks	Week 11 Notes: Rows (Weight x Reps): _____ Front/Side Raise (Weight x Reps): _____
	3 Scrape the Wall Chest Stretches	
	3 Side Stretches each side	
	20 Back Slappers	
	20 sec Seated Hamstring Stretch	
	20 sec Cobbler's Pose (groin stretch)	
	30 sec Relaxation Pose	
Cool-Down	1 min Easy March or Kicks	Week 12 Notes: Rows (Weight x Reps): _____ Front/Side Raise (Weight x Reps): _____
	3 Scrape the Wall Chest Stretches	
	3 Side Stretches each side	
	20 Back Slappers	
	20 sec Seated Hamstring Stretch	
	20 sec Cobbler's Pose (groin stretch)	
	30 sec Relaxation Pose	