

Circuit Total body with Back Emphasis

Warm up 5 mins.

All exercises are 12 reps no rest between and 2 or 3 times through circuit with 3 mins rest between each time through. Cardio is separate.

1. Seated row
2. Pulldowns Straight Arm
3. Dumbbell Curls
4. Push ups
5. Tricep Kickbacks
6. Military Press – seated
7. Side Lunges – no weight
8. Crunches – 30 reps

20 minutes of cardio your choice