

Circuit Total body with Chest 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. Flat bench press – barbell
2. Incline Bench - dumbbells
3. Tricep Press down
4. Pulldowns Front
5. Barbell Curls
6. Lat Raises
7. Lunges with dumbbells
8. Bicycle Crunch 20reps

Cardio – 20 mins total

Alternate 1 min easy, 1min moderate, 1 min hard through 18 mins then 2 min warm down easy