

Circuit Total body with Shoulder 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. Dumbbell Military Press – alternating
2. Upright Row
3. Pullups – use assist machine- as many as possible up to 12 reps
4. Machine or Concentration curls
5. Incline Bench Press
6. Bench Dips- use assist machine
7. Squats
8. Planks – 30 secs

Cardio – 20 minutes Rolling Intervals

1 degree incline

1 min easy, 1 min med, 2 min hard , 1 min medium, 1 min easy – repeat through 18mins then 2 min warm down