



Circuit Workouts

	Week 1 (ABA)	Week 2 (BAB)	Week 3 (ABA)	Week 4 (BAB)	Week 5 (ABA)	Week 6 (BAB)
# Sets:	2	2	3	3	3	3
Time per exercise:	30	30	30	30	30	30
Rest (exercises):	15	0	0	0	0	0
Rest (circuits):	60-90	60-90	60	60	0	0

Circuit A

- 1) 1-leg Romanian Deadlift (R)
- 2) 1-leg Romanian Deadlift (L)
- 3) Side Plank w/ Heel Lift (R)
- 4) Side Plank w/ Heel Lift (L)
- 5) Push Up +
- 6) Plank w/ Hip Flexion
- 7) Chin Ups
- 8) Russian Twist
- 9) 1-arm DB Carry
- 10) Push Ups

Circuit B

- 1) 1-leg Romanian Deadlift (R)
- 2) 1-leg Romanian Deadlift (L)
- 3) Plank w/ DB Row
- 4) Push Ups on DBs
- 5) Plank (UP UP DOWN DOWN)
- 6) Assisted Chin Ups
- 7) Push Ups w/ Rotation
- 8) 1-arm DB Carry
- 9) Supine Row
- 10) Push Ups