
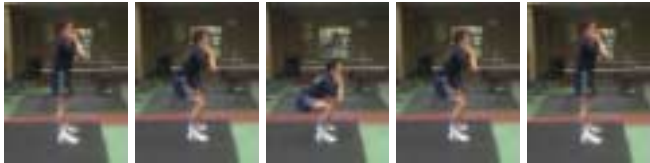






PRESS-UP/SQUAT CIRCUIT

	NUMBER OF REPS		
	CYCLE		
	1	2	3
Normal Press Up 	10	12	15
Standing Double Leg Squat 	10	15	20
Abdominal Crunches 	20	25	30
Rear Raised Press Up 	8	10	12
Standing Single Leg Squat 	10	12	15
Raised Abdominal Crunches 	20	25	30

<p>Front Raised Press Up</p> 	10	15	20
<p>Raised Single Leg Squat</p> 	10	12	15
<p>Oblique Crunches</p> 	20	25	30

NOTES

- ◆ This circuit consists of 3 cycles, you work down the list of exercises in cycle 1, then cycle 2 and finally cycle 3 to complete the circuit.
- ◆ Each cycle gets progressively harder ie. the number of repetitions for each exercise increases.
- ◆ As you progress and improve you should increase the number of repetitions performed and/or reduce the amount of rest between each exercise and cycle.