



SUPER CIRCUIT

	NUMBER OF REPS		
	CYCLE		
	1	2	3
<p>Wide Arm Press Up</p> 	10	15	20
<p>Raised Single Leg Squats</p> 	10	15	20
<p>Abdominal Crunches</p> 	20	30	40
<p>One Arm Raised Press Up</p> 	10	15	20
<p>Raised Forward Lunges</p> 	10	15	20
<p>Raised Abdominal Crunches</p> 	20	30	40
<p>Both Arms Raised Press Up</p> 	10	15	20

<p>Raised Backward Lunges</p> 	10	15	20
<p>Oblique Crunches</p> 	20	30	40

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.