



PRESS-UP / LUNGE CIRCUIT

	NUMBER OF REPS		
	CYCLE		
	1	2	3
<p><b>Normal Press Up</b></p> 	10	12	15
<p><b>Forward Lunges</b></p> 	10	12	15
<p><b>Abdominal Crunches</b></p> 	20	25	30
<p><b>Close Arm Press Up</b></p> 	8	10	12
<p><b>Side Lunges</b></p> 	10	12	15
<p><b>Raised Abdominal Crunches</b></p> 	20	25	30
<p><b>Staggered Arm Press Up</b></p> 	10	12	15

<p><b>Multi-directional Lunges</b></p> 	10	12	15
<p><b>Oblique Crunches</b></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.