

12
WEEK

Circuit Strength

Week #	Monday	Tuesday	Wednesday	Thursday	Friday
1	Total Body General x2 Rounds	Rest/Active Recovery	Total Body General x2 Rounds	Rest/Active Recovery	Total Body General x2 Rounds
2	Total Body General x2 Rounds	Rest/Active Recovery	Upper Body Hypertrophy x3 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x3 Rounds
3	Total Body General x2 Rounds	Rest/Active Recovery	Upper Body Hypertrophy x3 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x3 Rounds
4	Total Body General x2 Rounds	Rest/Active Recovery	Upper Body Hypertrophy x3 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x3 Rounds
5	Upper Body - Push Strength x5 Rounds	Rest/Active Recovery	Upper Body - Pull Strength x5 Rounds	Rest/Active Recovery	Lower Body Strength x4 Rounds
6	Upper Body - Push Strength x5 Rounds	Rest/Active Recovery	Upper Body - Pull Strength x5 Rounds	Rest/Active Recovery	Lower Body Strength x4 Rounds
7	Upper Body - Push Strength x5 Rounds	Rest/Active Recovery	Upper Body - Pull Strength x5 Rounds	Rest/Active Recovery	Lower Body Strength x4 Rounds
8	Lower Body Strength x4 Rounds	Upper Body Strength x4 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x4 Rounds	Upper Body Hypertrophy x4 Rounds
9	Lower Body Strength x4 Rounds	Upper Body Strength x4 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x4 Rounds	Upper Body Hypertrophy x4 Rounds
10	Lower Body Strength x4 Rounds	Upper Body Strength x4 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x4 Rounds	Upper Body Hypertrophy x4 Rounds
11	Lower Body Strength x4 Rounds	Upper Body Strength x4 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x4 Rounds	Upper Body Hypertrophy x4 Rounds
12	Lower Body Strength x4 Rounds	Upper Body Strength x4 Rounds	Rest/Active Recovery	Lower Body Hypertrophy x4 Rounds	Upper Body Hypertrophy x4 Rounds

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WEEK

Circuit Strength

Rep Schemes:

General = 10-15 Reps; Rest 1-2 min
Hypertrophy = 8-12 Reps; Rest 30-60s
Strength = 6-10 Reps; Rest 2+ Min

Total Body

01. Leg Press
02. Chest Press
03. Pulldown
04. Shoulder Press
05. Row/Rear Deltoid
06. Leg Extension
07. Triceps Press
08. Biceps Curl
09. Seated Leg Curl
10. Fly
11. Torso Rotation
12. Abdominal

Upper Body

02. Chest Press
03. Pulldown
04. Shoulder Press
05. Row/Rear Deltoid
07. Triceps Press
08. Biceps Curl
10. Fly

Lower Body

01. Leg Press
06. Leg Extension
09. Seated Leg Curl
- . Calf Raise
11. Torso Rotation
12. Abdominal

Upper Body - Push

02. Chest Press
04. Shoulder Press
07. Triceps Press
10. Fly

Upper Body - Pull

03. Pulldown
05. Row/Rear Deltoid
08. Biceps Curl

Warm Up:

Bike/Walk for 5 min
Lateral Band Walk x10
Band Pull Apart x10-20
Front Plank x30s
Standing Quad Stretch x5ea
Worlds Greatest Stretch x5ea

Cool Down:

Lizard Stretch x30s each side
Pigeon Stretch x30s each side
Child's Pose x30s

Test

Circuit Strength

Name: _____

Date: _____

Exercise	Weight	Reps	Settings	Notes
01 Leg Press				
02 Chest Press				
03 Lat Pulldown				
04 Shoulder Press				
05 Row/Rear Delt				
06 Leg Extension				
07 Triceps Press				
08 Biceps Curl				
09 Seated Leg Curl				
10 Pec Fly				
11 Torso Rotation				
12 Abdominal Crunch				

