

## **Total Body Circuit 3 days per week**

**Warm Up 5 mins – break a sweat**

**All exercises have 45 seconds rest between each exercise - use same reps for both Weight Circuit and Ball Circuit**

**Go through Weight Training Circuit w/ cardio then Ball Training Circuit w/ cardio**

You will need to use lighter weights to get through it.

### **Weight Training**

### **Ball Training**

1. Chest Press	10 reps	Pushups- hands on ball wedge if needed
2. Incline Chest Press	10 reps	Pushups- feet on ball wedge if needed
3. Triceps Pushdown	10 reps	Bench dips- hands on bench feet on ball
4. Shoulder Press	10 reps	Seated Press- sit on ball press overhead
5. Leg Press	10 reps	Ball Squat- use med ball-deepsquat w/ ball
6. Machine leg curl	10 reps	Walking Lunges with medicine ball
7. Machine leg extension	10 reps	Walking Lunges with medicine ball
8. Lat Pulldowns	10 reps	Seated Pulldowns sit on ball for these
9. Dumbbell Rows	10reps	Bent over rows using medicine ball
10. Bicep curls	10 reps	Seated curls- sit on ball and curl weights

### **Cardio – treadmill, bike, stepmill – whatever you want**

1 min easy  
2 min moderate  
1 min hard  
1 min easy  
1 min moderate  
1 min easy  
1 min easy  
2 min moderate  
1 min hard  
1 min easy  
1 min moderate  
1 min easy

### **Abs**

Ball crunches – lie with back on ball- feet on ground- do a crunch! 25 reps

**Stretch for 5 to 10 mins when finished- This is very important. Don't skip it!**