

## High Intensity Resistance Training Circuit

Client:		Start Date:		l											
Warm-up	5min Cycle/Treadmill														
Mobility	10 Reps R/10 Reps L: HipCircles/Arm Circles/Torso Twists														
Primer	10 Reps: BW Squats/Push-ups/Band Pull-aparts				Date:										
Circuit Group	Exercise	Reps	RIR	Rest	Sets	Weight									
A1 Push-Pull-Leg	Back Squat	6	0	0	3										
	Pull-up or Lat Pull Down	6	0	0	3										
	Barbell Bench Press	6	0	40-45s	3										
				4 Min											
A2 Hip Core Shoulder	Romanian Deadlift	6	0	0	3										
	BB or DB Overheal Press	6	0	0	3										
	Hanging Knee Raise or Weighted Cable Crunch	15	0	40-45s	3										
				4 Min											
A3 Accessory/Finisher	Walking Lunges	12R/12L	0	0	3										
	Barbell Row	6	0	0	3										
	Dips/Weighted Dips	6	0	40-45s	3										
Cool-down	5min Cycle/Treadmill														
Mobility	Dynamic Stretch: Pectorals/Lats/Hamstrings/Hip Flexor														
Flexibility	Static Stretch 15-30 second hold: Quadriceps/Gluteals/Deltoids														