

NAME: _____



Training Phase: Preparatory
Circuit Training

6 Weeks

Workout 1 & 4	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Split Lunge Jumps					50 sec on - 15 sec off 4 Times	
DB Bench Press						
Single Leg Box Expl						
Pull Ups						
Squat Jumps						
Push-Up Sprint						
Quick Box Touches						
Mountain Climber						
Glute/Ham Raise						
3 Way Shoulders						
Push-Pull Combo						

Workout 2 & 5	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Skater Jumps						25 sec on 10 sec off 5 Times
MB Chest Press Expl						
Spider Climbers						
Lat Pull Down						
Wall Sits						
Resistive Push Ups						
Seated Row						
Quick Step Ups						
Bench Press						
Physioball Ham Curl						
High to Low						

Workout 3 & 6	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Burpee to Squat Jump						
Incline Press						
Squat						
Alt. Seated Row						
Lateral Cone Touches						
Pull Ups						
Expl. Side Lunge						
DB Military Press						
Wall Sits						
Hurdle Steps (3 Hurdles)						
Bus Drivers						

25 sec on 10 sec off - 6 Times