

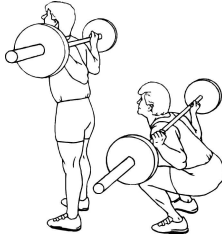


Routine For: Weight Training Circuit 1  
Created By: Jared Byer, HFI

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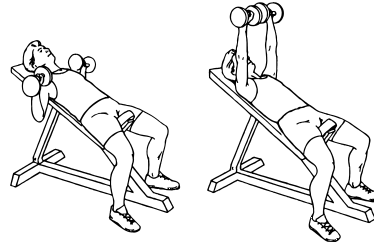
LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



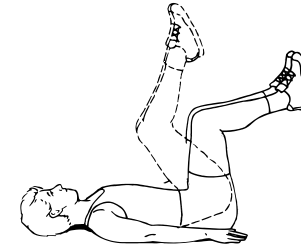
Do   3   sets.  
Complete  15  repetitions.

CHEST - 16 Bench Press: Incline (Dumbbell)



Press to straight arms.  
Do   3   sets. Complete  15  repetitions.

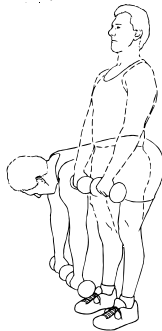
ABS - 5 Reverse Crunch



With knees bent at 90° angles, curl hips up until lower back clears floor.  
Complete   3   repetitions. Do  15  sets.

BACK: LOW - 3 Dead Lift (Dumbbell)

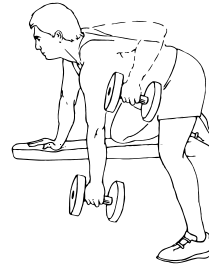
Legs straight, back flat, raise torso until in line with legs.



Do   3   sets.  
Complete  10  repetitions.

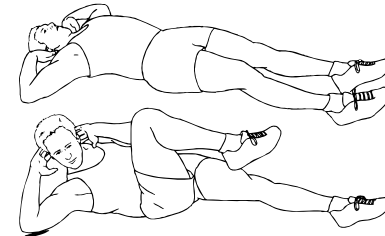
BACK: LATS - 1 One Arm Bent-Over Row

From starting position, pull dumbbell to side of chest. Complete all repetitions with one arm, then repeat with other arm.



Complete  15  repetitions.  
Do   3   sets.

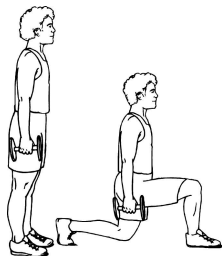
ABS - 19 Crunch: Scissor Kick / Twist



Tighten abdominals, raise upper body, twist to side, touching elbow to opposite raised knee. Alternate sides.  
Do   3   sets. Complete  20  repetitions.

Reverse Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do   3   sets.  
Complete  10  repetitions.

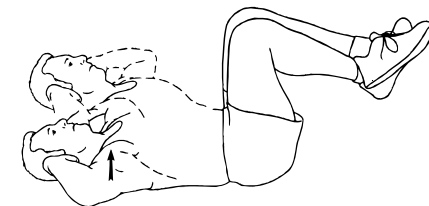
ARMS: TRICEPS - 3 Standing Two-Arm Extension

Grip dumbbell with overlapping hands. Keeping elbows up and stationary, extend arms to straight arm position.



Complete  15  repetitions.  
Do   3   sets.

ABS - 12 Crunch: Raised Leg









Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.  
Do   3   sets. Complete  15  repetitions.



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