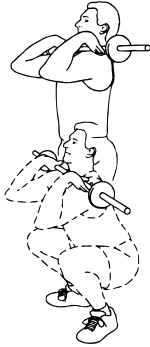


Routine For: Weight Training Circuit 2
Created By: Jared Byer, HFI

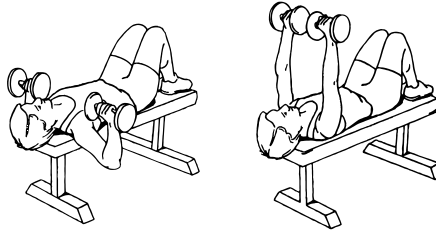
LEGS: GLUTES / THIGHS - 7 Front Full Squat (Barbell)

Bar in front, head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Keep abdominals tight and maintain weight on heels.



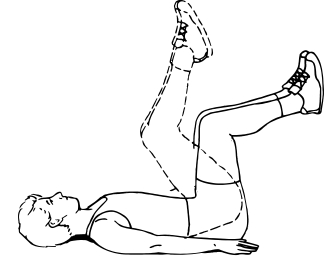
Do 3 sets.
Complete 15 repetitions.

CHEST - 15 Bench Press (Dumbbell)



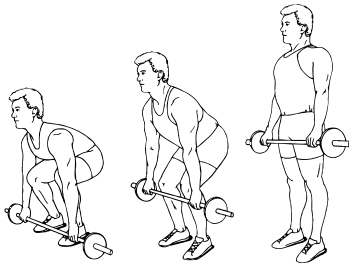
Press to straight arms.
Do 3 sets. Complete 15 repetitions.

ABS - 5 Reverse Crunch



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

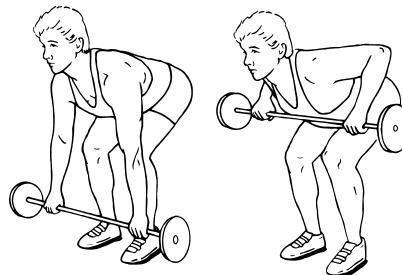
BACK: LOW - 7 Dead Lift (Barbell)



From squat, straighten legs, keeping head up and back straight.

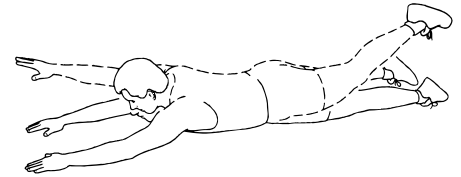
Do 3 sets. Complete 10 repetitions.

BACK: LATS - 4 Row: Bent Over (Barbell)



Lift barbell to chest, keeping back flat and knees bent.
Do 3 sets. Complete 15 repetitions.

BACK: LOW - 1 Leg / Arm Lift: Alternating

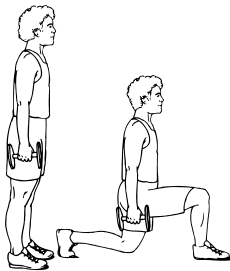


Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

Do 3 sets. Complete 30 repetitions.

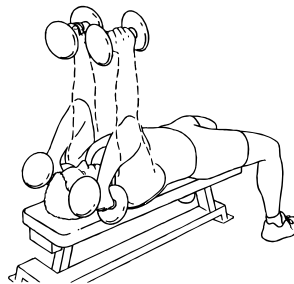
Walking Lunge (Dumbbell)

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



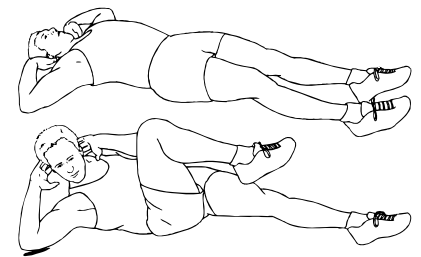
Do 3 sets.
Complete 10 repetitions.

ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)



Straighten arms, keeping upper arms perpendicular to floor.
Do 3 sets. Complete 15 repetitions.

ABS - 19 Crunch: Scissor Kick / Twist

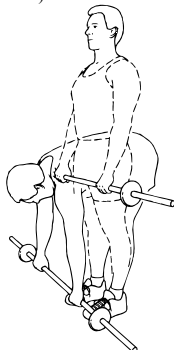


Tighten abdominals, raise upper body, twist to side, touching elbow to opposite raised knee. Alternate sides.

Do 3 sets. Complete 20 repetitions.

Dead Lift: Semi-stiff Legged (Barbell)

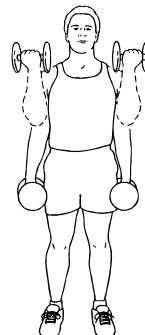
Legs straight, back flat, raise torso until in line with legs.



Do 3 sets.
Complete 10 repetitions.

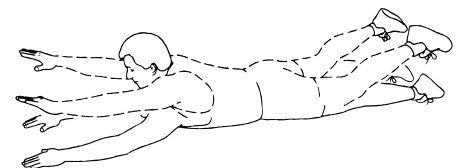
ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do 3 sets.
Complete 15 repetitions.

BACK: LOW - 2 Extension: Superman



Arms and legs as straight as possible, raise both simultaneously.

Do 3 sets. Complete 15 repetitions.



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