



Total Body Circuit Training Program

Circuit training consists of strength training and aerobics combined together to make a complete set. The following are the exercises that will be performed to include a 35 - 60 second aerobic exercise and or an abdominal exercise between sets.

EXERCISE	SETS	REPS
Bicep Curls	2 - 3	12
Aerobic Exercise	(walk in place or incline step)	35 – 60 seconds
Shoulder Press	2 - 3	12
Aerobic Exercise	(walk in place or incline step)	35 – 60 seconds
Bent Dumbbell Row	2 - 3	12
Aerobic Exercise	(walk in place or incline step)	35 – 60 seconds
Chest Press with dumbbells	2 - 3	12
Aerobic Exercise	(walk in place or incline step)	35 – 60 seconds
Tricep Kickbacks	2 - 3	12
Aerobic Exercise	(walk in place or incline step)	35 – 60 seconds
Squats with Chair	2 - 3	12
Seated or Standing Leg Raises	3	8 - 10 each leg

IMPORTANT

- Be sure to contact your health care provider before starting an exercise program.
- Be sure to have water present during exercise.
- If you feel dizzy or faint, stop immediately and contact emergency services.