

Build Your Own Total Body Circuit Workout



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Pick one exercise from each of the following 9 groups.

Do each exercise for 30 seconds or 15-20 repetitions and move onto the next without rest. Rest 2 min after all 9 exercises are complete. Repeat 2-4 more times. Focus on form, keep a steady cadence but don't rush the exercises.

The circuit one time through should take about 7-9 minutes (including transitions). Four times through should take about 28-36 minutes.

DB: dumbbells BB: barbell

Group 1: Back (Pick 1)

- 1) Horizontal pull-up
- 2) Pull-up: Palms facing away (wide grip, narrow grip)
- 3) Row: DB or BB
- 4) Rear lateral raise: DB
- 5) Swiss ball Y raise
- 6) Swiss ball T raise
- 7) Seated cable row wide or narrow grip
- 8) Lat pulldown
- 9) Standing cable pushdown
- 10) EZ bar pullover

Group 2: Shoulders (Pick 1)

- 1) Shoulder press: DB or BB
- 2) Front raise: DB
- 3) Bent arm lateral raise: DB
- 4) Inverted shoulder press
- 5) Lateral raise: DB

Group 3: Quads (Pick 1)

- 1) Air Squat
- 2) Box jumps
- 3) Jumping alternating lunges
- 4) Front squat: DB or BB
- 5) Back squat: BB, Narrow or Wide
- 6) Sumo squat: DB or kettlebell
- 7) Jump squat
- 8) Depth jumps
- 9) Walking lunges: DB
- 10) Hack squat
- 11) Goblet squat: DB

Group 4: Chest (Pick 1)

- 1) Push-ups (modified, incline or decline)
- 2) Cable cross over
- 3) DB fly
- 4) Bench press: DB or BB
- 5) Medicine ball chest pass or supine throw
- 6) Pec dec fly

Group 5: Biceps (Pick 1)

- 1) Chin ups
- 2) Hammer curls: DB
- 3) Curl: DB or EZ bar
- 4) Cable curls- rope or bar

Group 6: Glutes & Hams (Pick 1)

- 1) Smith machine lunges
- 2) Hip thruster- with or without DB
- 3) Dead lift: DB or BB
- 4) Cable kick backs
- 5) Cable pull through
- 6) Kettlebell swings
- 7) Glute bridge
- 8) Reverse hip raise: swiss ball
- 9) Straight leg deadlift: DB or BB
- 10) Hamstring curl: DB or machine
- 11) Bench step ups: DB

Group 7: Triceps (Pick 1)

- 1) Bench dips
- 2) Kickbacks: DB
- 3) Cable triceps pushdown
- 4) Close grip push-ups
- 5) Overhead triceps extension: DB
- 6) Overhead cable triceps extension

Group 8: Core (Pick 1)

- 1) Plank
- 2) Swiss ball jackknife
- 3) Supine bicycle crunch
- 4) Russian twist
- 5) Crunches: swiss ball or floor
- 6) Reverse crunch
- 7) Mountain climber - slow
- 8) Leg lifts
- 9) Swiss ball rollout
- 10) Sit-up
- 11) Kneeling cable crunch
- 12) Hanging leg raise

Group 9: Cardio (intense) (Pick 1)

- 1) Running
- 2) Rowing
- 3) Up-hill jogging
- 4) Mountain climbers- fast
- 5) Burpees
- 6) Froggers
- 7) High knees
- 8) Jumping Jacks
- 9) Jumping rope
- 10) Cycling
- 11) Stair climbing
- 12) Alternating jump lunges
- 13) Frog jumps
- 14) Tuck jumps
- 15) Shadow boxing
- 16) Bear crawl

Rest 2 Minutes

Repeat 1-3 more times!