STRENGTH CIRCUIT 1-ABS

you need: towel, waterbottle, chair or bench, weights 3-8kg,

barbell (loaded with weights or not) 5-15 kg, mat



Sequence: warm-up for at least 5 minutes

circuit x 2 for 35 min work-out

cooldown and stretching for at least 5 min

For any strength training form is most important, try to find a weight were you find it challenging to complete the number of repititions but you can perform them without losing a straight back or without 'swinging' in the movements

Take time to recover in between sets but try to keep the rest under one minute

mat

set 1:

high plank + squat 10-12 reps

set 5:

crunches + reverse crunches 10-12

reps

barbell

set 2:

deadlift 6-8 reps

set 6:

overhead lift 6-8 reps

standing + dumbells

set 4:

chest butterfly + upright row 6-8

reps

set 8:

triceps kickback + biceps curl 8-10

reps

bench + dumbells

set 3:

bench step-up + inclined push-up

6-8 reps

set 7:

bench hops + sumo squat 8-10

eps