

STRENGTH CIRCUIT 1-ABS

you need : towel, waterbottle
dumbbells 3-8 kg



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

* lower or no weight *** higher weight

set 1 :
chest butterfly + upright row 6-8
reps*
set 5 :
weighted straight leg sit-up*

set 2 :
squat + biceps curl 6-8 reps**
set 6 :
commando (low plank to high
plank) 10-12 reps

set 4 :
weighted lunges 8 reps each
side***
set 8 :
triceps kickback 6-8 reps*

set 3 :
weighted russian twist 12
reps**
set 7 :
squat + overhead lift 6-8 reps**