

01. sumo deadlift

start



finish



03. bent over row

start



finish



05. chest press

start



finish



07. lunge

start



finish



09. french press

start



finish



02. overhead squat

start



finish



04. upright row

start



finish



06. shoulder press

start



finish



08. calf raises

start



finish



10. bicep curl

start



finish



perform this circuit 01-03 times, each time doing between 10-15 reps or 30 seconds per exercise

Always remember it is important to use the correct technique when performing these exercises as use appropriate weights (dumbbells, barbells etc) that you are comfortable and safe with. On each exercise we should also state approximately how many reps should be performed.

Body Pump Training Manual

Joe Weider, Bill Reynolds

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Body Pump Training Manual:

Circuit Training Guide Emily James, AI, 2025-03-14 Circuit Training Guide offers a comprehensive exploration of circuit training a highly effective method for achieving full body conditioning by integrating strength and cardiovascular exercises This approach boosts your metabolic rate enhances muscular endurance and improves overall cardiovascular fitness all in a time efficient manner The book traces circuit training s evolution from military fitness programs to its current widespread adoption highlighting its adaptability for various fitness goals and levels This guide emphasizes both the physiological benefits and practical applications of circuit design It progresses from foundational concepts to advanced techniques ensuring readers understand not just what to do but why You ll learn how to select and sequence exercises effectively tailoring workouts to your specific needs whether you re a fitness enthusiast athlete or healthcare professional The book also addresses how to modify circuit training for different fitness levels injuries or equipment limitations making it a uniquely valuable resource for anyone seeking comprehensive fitness improvements

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