



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



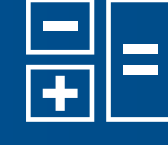
Diet Plans



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Tools

THE CIRCUIT STYLE TRAINER FOR WOMEN

No time for extended training? This circuit workout will get your heart racing and give you the benefits of both resistance training and a cardio session.

Link to Workout: <https://www.muscleandstrength.com/workouts/circuit-style-trainer-women>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 2 Days

Time Per Workout: 30 Mins

Equipment: Bodyweight, Dumbbells, Kettle Bells, Machines

Author: John Matulevich

Monday

Exercise	Sets	Circuits
Circuit 1		
Kettlebell Squat	8	4
Lat Pull Down	10	4
Circuit 2		
Dumbbell Lunge	8	3
Machine Shoulder Press	10	3
Kettlebell Swing	12	3
Circuit 3		
Crunch	25	2
Leg Extension	10	2
Dumbbell Curl	10	2
Hip Thrust	15	2

Thursday

Exercise	Sets	Circuits
Circuit 1		
Push Up	AMAP	4
Step Up	8	4
Circuit 2		
Bent Over Row	8	3
Leg Curl	10	3
Incline Dumbbell Press	8	3
Circuit 3		
Plank	30 Secs	2
Upright Row	10	2
Hyperextension	10	2
Tricep Extension	12	2

AMAP: As Many As Possible