

<u>Exercise:</u>	<u>Reps:</u>
Step Ups	50 (25 / Leg)
Bent Over Row	15
Press Ups	15
Cleans	15
Sit Ups	30
Upright Row	15
Side Leans	20 each side
Clean & Press	15
Leg Raises	30
Knee Bend	20

GOAL: Complete 3 sets in 20 minutes

Definitions:

The above sheet is formatted so you can print it out and see easily what the next step in the circuit is. To do the workout, you need something to step on, two hand dumbbells about 15-20 lbs each, and barbell weighing about 40-50 lbs. The cement cans in the erg room do a great job.

Step Ups: With a dumbbell in each hand step up and down on a box about 18 inches high

Bent Over Row: Bend at the waist with a straight back and pull barbell to your chest (like a bench pull)

Press Ups: Simple push ups, but if you're gung ho you can do them with you feet on the box

Cleans: From the floor accelerate the bar to your chest

Sit ups: You can do them inclined (preferable) or do stomach crunches with your legs in the air (thighs perpendicular to the ground and your calves parallel to make a 90° angle at the knee)

Upright Rows: with your back straight, raise the bar from your hip to your upper chest. Keep your wrists on top of the bar.

Side Leans: With one hand dumbbell, lean to the side with the weight and then straighten back up. Place the hand without the weight on your head. Yes, you'll look like a little tea pot.

Clean & Press: From the floor lift the bar into the clean position then press it over your head.

Leg Raises: Lie on your back and raise your legs to the vertical while trying to keep your knees straight.

Knee Bends: Hold a dumbbell in each hand. With your back straight bend at the knee to a point that the weights almost touch the floor. Should be similar to a sculler squat, but you could also substitute lunges.