

# Circuit Training Worksheet

Improve your cardiovascular fitness, muscular endurance and strength all at the same time



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*Brio*<sup>®</sup>

# CIRCUIT TRAINING WORKSHEET

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EXERCISE	WEEK __	WEEK __	WEEK __	WEEK __	WEEK __
<b>10-MINUTE WARM-UP / 45 SECONDS AT EACH STATION</b>					
Front lateral pull downs	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
Terminal knee extensions (TKEs)	REPS	REPS	REPS	REPS	REPS
Chest press	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
Heel raises	REPS	REPS	REPS	REPS	REPS
Bicep curls	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
Hamstring curls	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
Pushups	REPS	REPS	REPS	REPS	REPS
Crunches	REPS	REPS	REPS	REPS	REPS

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EXERCISE	WEEK __	WEEK __	WEEK __	WEEK __	WEEK __
<b>10-MINUTE WARM-UP / 45 SECONDS AT EACH STATION</b>					
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS
	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS	LBS / REPS

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 Consult your physician before starting a new fitness program. You should seek prompt medical care for any specific health issues.

*Sylvia Goodman is a professor and the director of the Master of Science in Exercise Science program  
 at South Nazarene University in Bethany, Oklahoma.*

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