

Workout Program #3A
 3 Day Total Body Circuit (2 x 15)[Beginner]
 12 Exercises

Name _____

Day #1: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Machine Bench Press	15		15	
Lat Pulldown	15		15	
DB Lateral Raise	15		15	
Tricep Pushdown	15		15	
Bicep Cable Curl	15		15	
Seated Cable Row	15		15	
Hip Sled	15		15	
Leg Extension	15		15	
Seated Leg Curl	15		15	
Abdominal Machine	15		15	
Crunches on Ball	15		15	
Stretching - 10 minutes				

Day #2: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Machine Bench Press	15		15	
Lat Pulldown	15		15	
DB Lateral Raise	15		15	
Tricep Pushdown	15		15	
Bicep Cable Curl	15		15	
Seated Cable Row	15		15	
Hip Sled	15		15	
Leg Extension	15		15	
Seated Leg Curl	15		15	
Abdominal Machine	15		15	
Crunches on Ball	15		15	
Stretching - 10 minutes				

Day #3: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Machine Bench Press	15		15	
Lat Pulldown	15		15	
DB Lateral Raise	15		15	
Tricep Pushdown	15		15	
Bicep Cable Curl	15		15	
Seated Cable Row	15		15	
Hip Sled	15		15	
Leg Extension	15		15	
Seated Leg Curl	15		15	
Abdominal Machine	15		15	
Crunches on Ball	15		15	
Stretching - 10 minutes				