

Workout Program #4
 3 Day Total Body Circuit (3 x 12)

Name _____

Day #1: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Wide Grip Pullup (Assisted)	12		12		12	
DB Incline Bench	12		12		12	
Box Steps	12		12		12	
DB Lateral Raise	12		12		12	
DB Kickbacks	12		12		12	
Bicep Cable Curl	12		12		12	
Smith Lunge	12		12		12	
Machine Hip Adduction	12		12		12	
Machine Hip Abduction	12		12		12	
Rev Crunch (ball)	12		12		12	
Side Crunch	12		12		12	

Day #2: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Wide Grip Pullup (Assisted)	12		12		12	
DB Incline Bench	12		12		12	
Box Steps	12		12		12	
DB Lateral Raise	12		12		12	
DB Kickbacks	12		12		12	
Bicep Cable Curl	12		12		12	
Smith Lunge	12		12		12	
Machine Hip Adduction	12		12		12	
Machine Hip Abduction	12		12		12	
Rev Crunch (ball)	12		12		12	
Side Crunch	12		12		12	

Day #3: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Wide Grip Pullup (Assisted)	12		12		12	
DB Incline Bench	12		12		12	
Box Steps	12		12		12	
DB Lateral Raise	12		12		12	
DB Kickbacks	12		12		12	
Bicep Cable Curl	12		12		12	
Smith Lunge	12		12		12	
Machine Hip Adduction	12		12		12	
Machine Hip Abduction	12		12		12	
Rev Crunch (ball)	12		12		12	
Side Crunch	12		12		12	