

Workout Program #2
 3 Day Total Body Circuit (2 x 15)

Name _____

Day #1: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Parallel Squat	15		15	
DB Bench Press	15		15	
Tricep Pushdowns	15		15	
Leg Extension	15		15	
Machine Shoulder Press	15		15	
Seated Cable Row	15		15	
Leg Curl	15		15	
Preacher Curl	15		15	
Crunches	15		15	
Back Extension on Ball	15		15	

Day #2: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Parallel Squat	15		15	
DB Bench Press	15		15	
Tricep Pushdowns	15		15	
Leg Extension	15		15	
Machine Shoulder Press	15		15	
Seated Cable Row	15		15	
Leg Curl	15		15	
Preacher Curl	15		15	
Crunches	15		15	
Back Extension on Ball	15		15	

Day #3: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Parallel Squat	15		15	
DB Bench Press	15		15	
Tricep Pushdowns	15		15	
Leg Extension	15		15	
Machine Shoulder Press	15		15	
Seated Cable Row	15		15	
Leg Curl	15		15	
Preacher Curl	15		15	
Crunches	15		15	
Back Extension on Ball	15		15	