

CIRCUIT A 75 Minutes



EXERCISE	TIME	REPS	SETS
Bike	5		
Stairmaster	5		
Step Ups	25		1
Baby Step Ups	50		1
Push Ups	50		1
Treadmill	10		

(Use ankle weights and hand held 3 lbs.)

Step Ups	25		1
Baby Step Ups	50		1
Decline Push Ups	50		
Bike	10		

(Hold 3-5 lbs. Weights and alternate the following two exercises while on the bike)

Bicep Curls	25		2
Shoulder Press	25		2
Step Ups	25		1