June 2011

MAC CIRCUIT EXPRESS

Available for viewing on YOUTUBE

Exercises																		
Core	***Adjust***	***Date***																
1. Stability Ball Crunch		lbs.																
		rep/set																
2. Rotation Standing		lbs.																
(Tubing or Cable resisted)		rep/set																
3. SB Plank		lbs.																
(Forarms on SB)		rep/set																
Strength																		
4. Step back lunge to		lbs.																
Knee-up (cable resisted)		rep/set																
5. Lying Face up SB		lbs.																
Knee-ins		rep/set																
6. SA Chest Press		lbs.																
Tubing or cable resisted		rep/set																
7. Gravitron Pull-ups		lbs.																
		rep/set																
8. Rear Delt Reverse Fly		lbs.																
(Tubing or cable resisted)		rep/set																
9. Tricep Push Downs		lbs.																
(Tubing or cable resisted)		rep/set																
10. Body Bar integrated		lbs.																
w/ tubing Bicep Curls		rep/set																
Power																		
11. Squat Jumps		lbs.																
8-12 reps		rep/set																
12. Speed Skater		lbs.																
Cone Touch		rep/set																
Cardiovascular																		
A. Concept II		Level																
Rower		Time																
B. Stepmill		Level																
Interval profile		Time																
C. Cybex Arc Trainer		Level																
Hill Profile		Time																

Warm-up: Complete at least 5-15 minutes using any of the assigned cardiovascular exercises

Cardiovascular Workout: try at least 20 minutes or up to 60 minutes using all three cardio machines. Ex. 10 min. using each machine would equal a 30 min. workout.

The cardiovascular workout can be completed on the same day as the circuit express or on a different day. Time will be the determining factor when trying to decide if you can or cannot complete both the circuit express and cardio workouts during the same workout.

Circuit Express: trying to complete one circuit in 30 minutes is the goal of this program. Start with 10-12 reps using slow controlled movements. When you have completed 1-2 weeks of this workout increase reps to 15-18. For even greater challenge try completing two circuits.