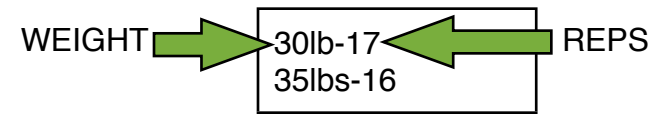


NAME \_\_\_\_\_

**Strength and Conditioning 11**  
**Week 1: Circuit training CONDITIONING**

**Pick a weight that allows between 15-20 repetitions**



Exercise #	Name	Date	Date	Date	Date	Date
1	Flat Dumbbell Bench Press					
2	Seated Dumbbell Shoulder Press					
3	Standing Barbell Curl					
4	Hanging Bent-Knee Raises					
5	Incline Crunches					
6	Hammer Strength Deadlifts					
7	Calf Machine					
8	Leg Press					
9	Hyperextensions					
10	Incline Bench Press					
11	Lat Pulldown Machine					
12	Tricep Cable Pushdowns					
13	Seated Cable Row					
14	Hammer Curls					