

# SAMPLE **CIRCUIT** WORKOUT

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



20 high knees



40 side-to-side chops



one squat



20 lunges



10-count plank hold



20 climbers



10 plank jump-ins



to failure push-ups

## Difficulty Levels:

Level I: normal

Level II: hard

Level III: advanced

Repeat the circuit (all exercises)  
3, 5 or 7 times in total depending on  
the level you choose

## 1 set

10 jumping jacks

20 high knees ( 10 each leg )

40 side-to-side chops ( 20 each side )

one squat = 1 squat

20 lunges ( 10 each leg )

10-count plank (hold while counting to 10)

20 climbers ( 10 each leg )

10 plank jump-ins

to failure push-ups ( your maximum )

**Up to 2 minutes rest between sets**

30 seconds, 60 seconds or 2 minutes -  
it's up to you.

# SAMPLE **CLASSIC** WORKOUT

2 minutes rest between exercises



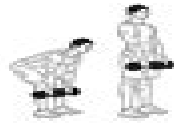
20 push-ups x 4 sets in total  
20 seconds rest between sets



10 renegade rows x 4 sets in total  
20 seconds rest between sets



20 bicep curls x 4 sets in total  
20 seconds rest between sets



10 deadlifts x 4 sets in total  
20 seconds rest between sets

Complete all sets for each exercise first,  
then move on to the next exercise;

E.g., Do 20 push-ups, rest 20 seconds  
then repeat - 4 times in total.  
Move on to renegade rows and so on.

All reps are given in total:

E.g., 10 renegade rows = 5 reps per side.

**Up to 2 minutes rest between exercises**

30 seconds, 60 seconds or 2 minutes -  
it's up to you.

# Workout Manual

**Ryan Faehnle, CSCS**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

## **Workout Manual:**

**The Natural Bodybuilding Training Manual** Greg Sushinsky, 2011-03-06 Natural Bodybuilders Your Training is Different This practical concentrated manual written by a natural bodybuilder for natural bodybuilders shows you why natural bodybuilders need to even must train with methods and techniques specifically tailored to drug free trainers in order to reach their bodybuilding goals The manual features both an introduction for beginners as well as information and an overview for intermediate and advanced trainers The manual contains condensed information on reps sets energy and recovery a key concept for natural bodybuilders to master guidelines on workout lengths and volume as well as a brief section on genetics It explains why it is crucial for drug free trainers to train differently very differently than those using steroids and other drugs The manual also contains information on what to avoid in your training and nutrition so you can benefit from and make the most progress possible in your training Included in the heart of the text are several workouts for each level of ability of natural bodybuilders including a small section for the hard gainer Overall there are more than a dozen workouts included for you to choose from and there is information on how to construct your own workouts from what you learn There are explanations as to how and why to do things a certain way to improve your results This compact manual contains an enormous amount of potent bodybuilding information It s a small primer on natural bodybuilding training and nutrition and even though you may think there are plenty of things in it you already know or are doing you will likely learn something from it you ll be able to apply immediately and productively to your workouts for better results The manual not only provides information but shows you how to apply this information right away Results are what this manual is about

**The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover  
Ultrasonic Cavitation Training Manual eBook (PDF) Emma Louise Cross, 2025-02-01 Your Essential Guide to Mastering Ultrasonic Cavitation Treatments The Ultrasonic Cavitation Training Manual eBook is an indispensable resource for beauty professionals educators and clinic owners who seek a comprehensive in depth understanding of ultrasonic cavitation treatments Whether you are currently undertaking a course expanding your expertise or providing training to staff this expertly crafted manual serves as a professional reference guide for effective and safe cavitation procedures With a strong focus on technical knowledge treatment protocols and best practices this eBook ensures that professionals in the aesthetics industry are fully equipped to deliver exceptional results while maintaining the highest standards of client safety and satisfaction Who Is This Manual For 1 Beauty Professionals Expanding Their Knowledge For aesthetic practitioners who want to enhance their understanding of ultrasonic cavitation this guide offers detailed insights into how the treatment works its benefits and its limitations ensuring you are fully informed and confident in performing procedures 2 Students Currently Undertaking a Cavitation Course If you are training in non surgical body contouring this manual acts as a valuable study companion to reinforce learning clarify techniques and provide reference materials to support your course syllabus 3

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**Guide to Short Workouts** Deidre Johnson-Cane,Jonathan Cane,Joe Glickman,2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

**The Human Body Instruction Manual** Michael Wright,2019-09-09 This manual is provided when you purchase your

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*The Cyclist's Training Manual* Guy Andrews, Simon Doughty, 2013-06-30 The Cyclist s Training Manual is the definitive guide to fitness for cycling suitable for everyone from complete beginners looking to build fitness for their first charity event through to experienced cyclists looking to improve competitive performance Starting with the basic components of fitness this step by step handbook then guides you through everything you need to know to train and compete at your best including how to organise your training training methods nutrition health and how to avoid the most common cycling injuries It also provides specialised training programmes and techniques for all cycling disciplines such as road racing time trials mountain biking sprint rides and challenge rides as well as specific advice for novices juniors women and veterans Quotes tips and Q A sessions from leading cyclists and team coaches are also featured

## **Workout Manual** Book Review: Unveiling the Power of Words

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web oct 26 2023 two stars shined forth as if ember globes well perhaps as in the eyes of galaxies a little light a big i welcome you along with the curve of her mouth two lips lifted as if by hoisted corners smiled tugging at my mouth i gave in to a return smile myself how could i resist or even want to

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