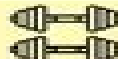


WEIGHT TRAINING

LEVEL UP YOUR ROUTINE



YOUR NAME																
EXERCISE NAME:		Goblet Squats			Bicep Curls			Squats			Pull-Ups			Bench Press		
MON Nov 04 07:30-09:00	SET#	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		160 lbs.		Biceps: 13.5 in			Chest: 40.0 in			Thighs: 22.0 in			6095 lbs. lifted			
EXERCISE NAME:		Swings			Lat Pulldowns			Deadlifts			Push-Ups			Rows		
TUE Nov 05 07:30-09:00	SET#	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	Weight	25	25	25	70	70	70	120	120	120	20	20	20	35	35	35
	Reps	15	15	15	12	10	10	8	8	8	15	15	15	12	10	10
My Weight:		161 lbs.		Biceps: 13.5 in			Chest: 40.5 in			Thighs: 22.5 in			8265 lbs. lifted			
EXERCISE NAME:		Goblet Squats			Bicep Curls			Squats			Pull-Ups			Bench Press		
WED Nov 06 07:30-09:00	SET#	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		161 lbs.		Biceps: 14.0 in			Chest: 40.5 in			Thighs: 22.5 in			6095 lbs. lifted			
EXERCISE NAME:		Swings			Lat Pulldowns			Deadlifts			Push-Ups			Rows		
THU Nov 07 07:30-09:00	SET#	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	Weight	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
	Reps	15	15	15	12	10	10	8	8	8	15	15	15	12	10	10
My Weight:		162 lbs.		Biceps: 14.0 in			Chest: 41.0 in			Thighs: 22.5 in			17800 lbs. lifted			
EXERCISE NAME:		Goblet Squats			Bicep Curls			Squats			Pull-Ups			Bench Press		
FRI Nov 08 07:30-09:00	SET#	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		162 lbs.		Biceps: 14.0 in			Chest: 41.0 in			Thighs: 23.0 in			6095 lbs. lifted			
EXERCISE NAME:		Swings			Lat Pulldowns			Deadlifts			Push-Ups			Rows		
SAT Nov 09 07:30-09:00	SET#	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	Weight	25	25	25	70	70	70	120	120	120	20	20	20	35	35	35
	Reps	15	15	15	12	10	10	8	8	8	15	15	15	12	10	10
My Weight:		162 lbs.		Biceps: 14.0 in			Chest: 41.0 in			Thighs: 23.0 in			8265 lbs. lifted			
EXERCISE NAME:		Goblet Squats			Bicep Curls			Squats			Pull-Ups			Bench Press		
SUN Nov 10 07:30-09:00	SET#	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		163 lbs.		Biceps: 14.5 in			Chest: 41.5 in			Thighs: 23.0 in			6095 lbs. lifted			

Weight Training Circuit Template

Adam Campbell

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

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The Men's Health Big Book of Exercises Adam Campbell, 2016-10-25 Revised edition includes 100 new exercises The Men's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body As the most comprehensive collection of exercises ever created this book is a body shaping power tool for both beginners and long time lifters alike This book contains hundreds of useful tips the latest findings in exercise science and cutting edge workouts from the world's top trainers Backed by the authority of Men's Health magazine this updated and revised edition features 100 new fat loss exercises in 20 workouts designed by BJ Gaddour Fitness Director of Men's Health and 1 350 photographs showing movements for every muscle and a training plan to match every fitness goal [Doorframe Pull-Up Bar Workouts](#) Ryan George, 2025-11-04 A COMPREHENSIVE GUIDE TO GETTING RIPPED WITH THE POPULAR AT HOME PULL UP BAR Follow the programs in this book and achieve the ripped rock hard physique you've always wanted The exercises in Doorframe Pull Up Bar Workouts unleash the full potential of this simple compact piece of equipment for intense muscle building vigorous athletic conditioning and fast fat burning More than a pull ups program these gym free workouts will tone and shape your entire body for Sculpted Shoulders Chiseled Chest Carved Back Ripped Arms Washboard Abs Firm Glutes Powerful Legs Packed with hundreds of step by step photos clearly explained exercises and a dozen progressive training programs Doorframe Pull Up Bar Workouts will get you in shape and improve your health using this single piece of equipment in the comfort of your home **NASM Essentials of Personal Fitness Training**, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training OPT model The OPT model presents NASM's protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions [The Complete Guide to Strength Training Methods](#) Keven Arseneault, 2023-03-24 Finally the strength training book you've been wishing for is here The Complete Guide to Strength Training Methods compiles more than 230 training techniques proven to increase strength power hypertrophy endurance flexibility and cardiovascular capacity Sport performance coach Keven Arseneault has spent over 20 years reading researching and testing various methods to determine the best training techniques In The Complete Guide to Strength Training Methods he assembles these into a comprehensive resource that allows you to add variety and get the most from your workouts Each method is presented on a single page that highlights the technique's advantages and disadvantages effects on different aspects of fitness and trainer tips The page also has a prescription table that includes intensity or load reps and sets This practical approach provides you with everything you need to incorporate the method into

your program immediately Throughout you will find programming tips to help you create your own training plan to fit your individual needs The eight sample programs provided can be followed as is or used as a blueprint for personalized programs Whether you are a fitness enthusiast working out at home a serious gym goer an athlete or a strength or fitness professional The Complete Guide to Strength Training Methods is the comprehensive yet practical resource you need to keep your workouts fresh challenging and on point to reach your goals *The Women's Health Big Book of Exercises* Adam Campbell, 2016-10-25 Revised edition includes 100 new exercises The Women's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body As the most comprehensive collection of exercises ever written specifically for women this book is a body shaping power tool for both beginners and longtime fitness buffs alike This book contains hundreds of useful tips the latest findings in exercise science and cutting edge workouts from the world's top trainers Backed by the authority of Women's Health magazine this updated and revised edition features 100 new exercises in 20 workouts designed by BJ Gaddour the Fitness Director of Men's Health magazine and 1 350 photographs showing movements for every muscle and training plan to match every fitness goal **FM 7-22 Army Physical Readiness**

Training Headquarters Department of the Army, 2017-08-27 Field Manual 7-22 encompasses the US Army Physical Readiness Training program in its entirety This is a must have reference for all leaders and Soldiers in order to fully understand and implement PRT Physical Readiness Training at the Squad Company Battery Troop and higher levels This 6x9 inch paperback is perfect for personal use and carry and is designed to fit with other books published in this series **Army Physical Readiness Training Manual** Barry Leonard, 2011-05 Guides leaders through a systematic approach to training consisting of an ordered comprehensive assemblage of facts principles and methods for training soldiers and units Provides a balanced training program that prepares soldiers for successful task performance and provides linkage to other training Injury control is woven into the training's fabric by recommended exercise intensity volume specificity and recovery within its progressive training schedules Sample schedules provide the commander a doctrinal template that can be applied to the unit's training needs Append Physical Fitness Test Climbing Bars Posture and Body Mechanics Environ Considerations Obstacle Negotiations Numerous photos This is a print on demand pub **Publications Combined: Army Combat**

Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7-22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately

60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the totalweight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude

Workouts Simplified Mira Skylark, AI, 2025-03-14 Workouts Simplified tackles the challenge of fitting fitness into busy lives by offering efficient strategies for building strength endurance and flexibility It emphasizes High Intensity Interval Training HIIT for maximum cardiovascular benefits in short bursts and Functional Strength Training which focuses on everyday movements to build practical strength Dynamic stretching is also introduced as a more effective method to improve flexibility The book uniquely prioritizes time management showing readers how to achieve substantial fitness improvements without extensive gym time The book explores the science behind these methods explaining muscle hypertrophy and cardiovascular adaptation in

accessible language It then progresses through detailed exercise demonstrations and sample workout plans tailored to various fitness levels and time constraints Workouts Simplified culminates with a practical guide to integrating these simplified workouts into a sustainable lifestyle providing personalized recommendations and addressing common obstacles

Maximise Your Fitness Potential (for All Levels) Wayne Lambert, 2011-09 About the Author Wayne spends his spare time raising money for various charities boxing travelling reading and enjoying family life in Dubai where he lives with his wife and baby daughter Profits from any commercial product or service are donated to various charities Profits from this book are donated to Help for Heroes Royal British Legion and War Child About the Book The books most obvious concept is how you can exercise your body anywhere and this book is a mammoth of information from actually how to keep a journal of your progress to detailed explanations to why and how the exercises work Conquer your fitness potential inclusive of your aerobic anaerobic muscular endurance strength and power to name only a few Easy templates are provided within this book to help you Basically all the work is done for you from basic to intense programs depending on your fitness levels you just have to read it and take action Life is choice choose to do it today

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Table of Contents Weight Training Circuit Template

1. Understanding the eBook Weight Training Circuit Template
 - The Rise of Digital Reading Weight Training Circuit Template
 - Advantages of eBooks Over Traditional Books
2. Identifying Weight Training Circuit Template
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weight Training Circuit Template
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weight Training Circuit Template
 - Personalized Recommendations
 - Weight Training Circuit Template User Reviews and Ratings

- Weight Training Circuit Template and Bestseller Lists
- 5. Accessing Weight Training Circuit Template Free and Paid eBooks
 - Weight Training Circuit Template Public Domain eBooks
 - Weight Training Circuit Template eBook Subscription Services
 - Weight Training Circuit Template Budget-Friendly Options
- 6. Navigating Weight Training Circuit Template eBook Formats
 - ePub, PDF, MOBI, and More
 - Weight Training Circuit Template Compatibility with Devices
 - Weight Training Circuit Template Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weight Training Circuit Template
 - Highlighting and Note-Taking Weight Training Circuit Template
 - Interactive Elements Weight Training Circuit Template
- 8. Staying Engaged with Weight Training Circuit Template
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weight Training Circuit Template
- 9. Balancing eBooks and Physical Books Weight Training Circuit Template
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weight Training Circuit Template
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Weight Training Circuit Template
 - Setting Reading Goals Weight Training Circuit Template
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Weight Training Circuit Template
 - Fact-Checking eBook Content of Weight Training Circuit Template
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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