Circuit Training Workout Routine

from 20 Minute Full Body Circuit Training Workout Blog Post at BuiltLean.com
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# How to Read Workout Sheets

## Workout A

### Workout Parameters

- **Primary Muscles:** Full Body
- **Equipment:** Dumbbells, Barbell, Pull-up Bar, Bench (best completed in gym)
- **Type:** Metabolic Workout
- **Level:** Intermediate/Advanced

### Warm Up

Dynamic Stretch, or Aerobic of your choice for 5-10 mins (Don't burn yourself out! Just get a sweat)

### Exercise

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Set1</th>
<th>Set2</th>
<th>Set3</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Superset #1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barbell Squat</td>
<td>2-3</td>
<td>10-15</td>
<td>135/15</td>
<td>135/12</td>
<td>135/10</td>
<td>&gt;15s</td>
</tr>
<tr>
<td>DB Bench Press</td>
<td>2-3</td>
<td>10-15</td>
<td>60/15</td>
<td>65/12</td>
<td>65/10</td>
<td>30-45s</td>
</tr>
<tr>
<td><strong>Superset #2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DB Standard Lunge</td>
<td>2-3</td>
<td>10-15</td>
<td>25/15</td>
<td>25/12</td>
<td>25/12</td>
<td>&gt;15s</td>
</tr>
<tr>
<td>Lat Pulldown/Pull-up</td>
<td>2-3</td>
<td>10-15</td>
<td>140/15</td>
<td>150/12</td>
<td>150/12</td>
<td>30-45s</td>
</tr>
<tr>
<td><strong>Superset #3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing DB Shoulder Press</td>
<td>2-3</td>
<td>10-15</td>
<td>30/15</td>
<td>30/12</td>
<td>30/12</td>
<td>&gt;15s</td>
</tr>
<tr>
<td>Exercise Ball Rollout</td>
<td>2-3</td>
<td>10-15</td>
<td>0/15</td>
<td>0/15</td>
<td>0/12</td>
<td>30-45s</td>
</tr>
</tbody>
</table>

### Comments

- A Superset requires you to complete exercises back to back with little to no rest. For Superset #1, you complete a barbell squat, then right after a DB Bench Press with little to no rest, then rest 30-45 seconds before completing another superset. A Triset is 3 exercises back to back. A Circuit is 3 or more exercise back to back with little or no rest.
- Rest periods in seconds are just guidelines. You should go at your own pace, but try to decrease rest between sets over time.
- You can write comments about the workout at the bottom of the workout sheet. I may list a couple pointers as well in this section.
- Fill in actual reps/weight. Many times you will not be able to complete all the reps on every set. That's ok. Just write it down.

---

**Beginner**

(1) Never lifted weights before, (2) sporadically workout, (3) Over a month since last workout

**Intermediate**

(1) Consistently workout 2-3 days per week, (2) 3+ years lifting experience, (3) comfortable at the gym.

**Advanced**

(1) Consistently workout 3-5 days per week, (2) 5+ years lifting experience

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Fill in actual reps/weight. Many times you will not be able to complete all the reps on every set. That's ok. Just write it down.
Marc's Training Tips

While this is only one page of information, it's **VERY** important and reflects 15 years of my experience working out along with training countless people. Try to really absorb this information so it becomes second nature.

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“Active” Rest
- Stretch in between sets, drink water, fine tune form, don't just stand around

Focus on Form
- It's better to use less weight than more. Don't' use momentum.

Quality of Contraction
- Concentrate on the quality of the contraction of the muscle being stimulated

Complete Set to Failure
- You should not able to complete any more reps beyond the targeted rep range

Keep up the Pace
- Keep your heart rate up, rest less between sets

Remember to Breathe
- Breath in during the negative phase, and out during positive phase of each repetition

Listen to Your Body
- If your body doesn't feel right, stop working out. Pay attention to how you feel

Rest and Recover
- After a short, intense workout, rest your body for recuperation
# Full Body Circuit Training Workout

## Workout Parameters

**Primary Muscles:** Full Body  
**Equipment:** Dumbells, Pullup Bar/Lat Pulldown Machine, Medicine Ball  
**Type:** Circuit Workout with weights  
**Level:** Intermediate/Advanced

## Warm Up

Dynamic Stretch, or Aerobic of your choice for 5-10 mins (Don’t burn yourself out! Just get a sweat)

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Set1</th>
<th>Set2</th>
<th>Set3</th>
<th>Set4</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Circuit</strong> (little rest as possible b/w exercises)</td>
<td></td>
<td></td>
<td>weight/reps</td>
<td>weight/reps</td>
<td>weight/reps</td>
<td>weight/reps</td>
<td>0-15s</td>
</tr>
<tr>
<td>Squat with DB Upright Row</td>
<td>3-4</td>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reverse Lunge</td>
<td>3-4</td>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pushups to failure</td>
<td>3-4</td>
<td>F</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lat Pulldown/Pull-up</td>
<td>3-4</td>
<td>F/15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicine Ball Twists</td>
<td>3-4</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2-3 minutes</td>
</tr>
</tbody>
</table>

## Comments

- *For circuit workouts, you are completing all the exercises listed with little to no rest between sets, then rest 2-3 minutes and repeat 3-4x. Go at your own pace.*

- *If you can do pullups, do them to failure, which is what "F" means under the reps column. If you are unable to do pullups, complete lat pulldowns for 15 reps*

- *Feel free to add some cardio after the workout if you still have some energy, or time.*
About BuiltLean.com

BuiltLean.com is a free resource that helps busy individuals achieve strong, lean, healthy bodies in less time and with less hassle. Topics include:

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- Discussion about controversial topics in the fitness industry
- Other fitness related topics that will pique your interest

About Marc Perry

Marc is the founder of BuiltLean.com and is CEO of Elite Training Partners, a private company based in New York City that develops fitness products and services for busy professionals with demanding lifestyles.

A Yale graduate and former investment analyst, Marc has dedicated his life to helping others improve their health. He is a Certified Strength & Conditioning Specialist (National Strength & Conditioning Association) and a Certified Personal Trainer (American Council on Exercise).

You can connect with Marc on Facebook (www.facebook.com/BuiltLean), or Twitter marcaperry. Press inquiries should be directed to press@elitetrainingpartners.com.

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