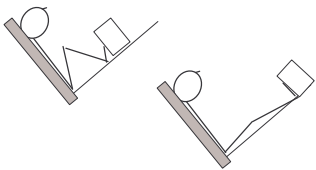
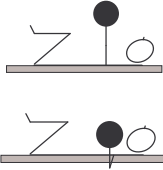
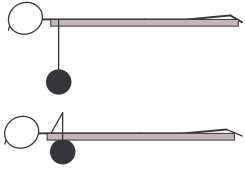
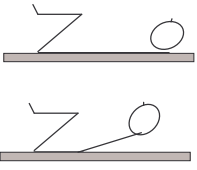
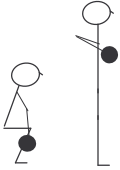
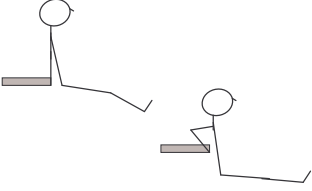


Circuit Training 3 (Maximum Strength)

For circuit training 3a, exercises 1-2-3 ONLY.

For circuit training 3b, exercises 1-2-3-4-5-6.

#	Exercises	% Max	Reps	#	Exercises	% Max	Reps
1	Legs Press 	≈ 60% ≈ 75% ≈ 85% ≈ 90% ≈ 95% ≈ 95%	30 15 6-8 3-5 2-4 2-4	4	Bench Press 	≈ 60% ≈ 75% ≈ 85% ≈ 90% ≈ 95% ≈ 95%	30 15 6-8 3-5 2-4 2-4
2	Bench Pull 	≈ 60% ≈ 75% ≈ 85% ≈ 90% ≈ 95% ≈ 95%	30 15 6-8 3-5 2-4 2-4	5	Crunch 	5-20 Kg	4x20
3	Rowing Power Clean 	≈ 50% ≈ 65% ≈ 90% ≈ 90% ≈ 90%	30 15 5 5 5	6	Bench dips 	5-20 Kg	4x max reps

All sets should be performed for each exercise before moving on to the next exercise.
2min rest between each set.

To train for maximum strength, it is necessary to work at very high percentage (above 80%). When lifting such a high percentage of your maximum, it is impossible to lift more than 6 or 8 repetitions. If you can lift more than this, you are not working at the correct percentage.

The percentages are guidelines only and do not represent absolutes.