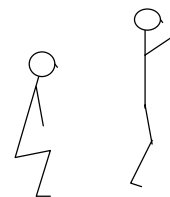
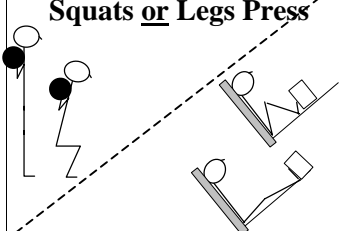
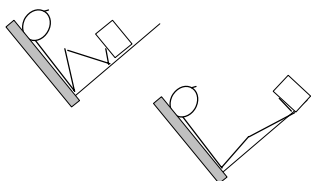
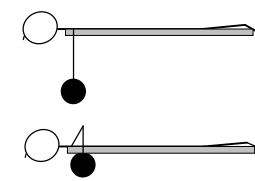
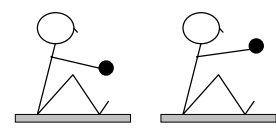
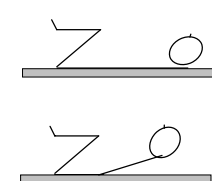
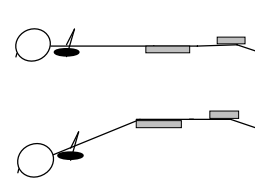
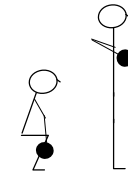
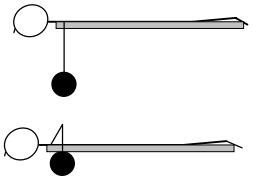
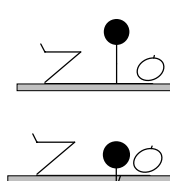
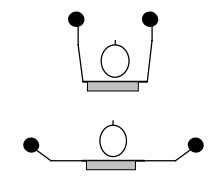
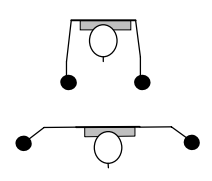
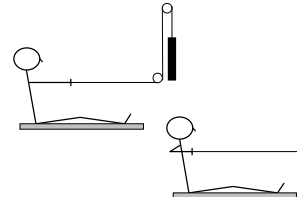
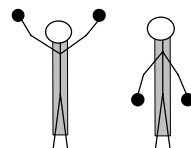


Circuit Training 2 (Strength Endurance)

#	Exercises	% Max	Reps	#	Exercises	% Max	Reps	#	Exercises	% Max	Reps
1	Jump Squats 	\	30	6	Squats <u>or</u> Legs Press 	≈ 40% <u>or</u> ≈ 40% +10kg	50	11	Legs Press 	≈ 40%	70
2	Bench Pull 	≈ 50%	70	7	Catch exercise 	5-15Kg	30	12	Crunch 	\	40
3	Back Extension 	2.5 - 10Kg	30	8	Rowing Power Clean 	≈ 50%	30	13	Bench Pull 	≈ 50% + ≈3Kg	50
4	Bench Press 	≈ 40%	40	9	Butterfly 	5-15Kg	30	14	Shoulders 	2.5 - 10Kg	30
5	Seated Row 	≈ 50%	40	10	Air Swimming (overview) 	1-5Kg	40				

NO REST BETWEEN THE EXERCICES AND LAPS. 2 laps at least 3 laps is the optimum. Each lap should be completed in about 20min.

Perform one set of each exercise and then move on to the next exercise. Heart rate: 145-165 Rate for each exercises ≈ 32-40 strokes per minute Brice Kolko May 2001