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## **Example Circuit Training Routine (Bodyweight Exercises Only)**

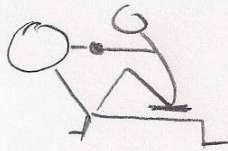
### **Suggested Start Point**

**40 seconds on/ 20 seconds rest**

1. Rowing Machine
2. Sit Ups
3. Star Jumps
4. Pull-Ups
5. Lemon Squeezers (abs)
6. Push Ups
7. Alternate Leg Lunges
8. Superman Hold
9. Tuck Jumps
10. Triceps Bench Dips (find a chair or similar sturdy object)

**Diagrams of Movements On The Flip Side Of This Page**

1. Rowing Machine Sprint



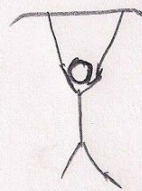
2. Sit ups



3. Air Squats



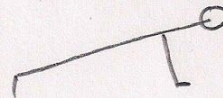
4. Pull ups



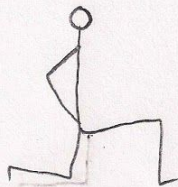
5. Plank



6. Push Ups



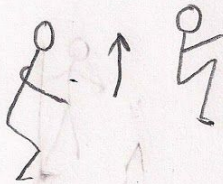
7. Alternate Leg Lunges



8. Superman/Superwoman Hold



9. Tuck Jumps



10. Bench Dips

