

General Work Capacity Circuits for Sport – Day 1

The athlete may choose one of two variations in which to perform this workout.

Variation 1: Perform all of the exercises from block one for the prescribed sets before proceeding to block two.

Variation 2: Perform all nine exercises, then return to the first and repeat for the prescribed sets.

Choose a Level

<u>Level</u>	<u>Sets</u>
1	1
2	2
3	3
4	4

Block 1: Work: 32 seconds for each exercise

[Hex Deadlift](#)

1: 15 Minute rest

[DB Bench](#)

1: 15 Minute rest

[Lat Pull](#)

Rest 2:00 Between Blocks

Block 2: Work: 32 seconds for each exercise

[Glute bar Lift](#)

1:15 Minute rest

[Chin Grip Lat](#)

1: 15 Minute rest

[Step Up Toes](#)

Rest 2:00 between blocks

Block 3: Work: 32 seconds/ exercise

[Tri Rev Grip Pushdown](#)

1: 15 Minute rest

[DB BO Row](#)

1: 15 Minute rest

[Side Lat Raise](#)

Rest 2:00 between blocks

