

General Work Capacity Circuits for Sport – Day 2

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 25 seconds for each exercise

[DB Step Up Right](#)

1:30 Minute rest

[DB Step Up Left](#)

1:30 Minute rest

[Incline DB Fly](#)

1:30 Minute rest

[Inv Row](#)

Rest 2:30 between blocks

Block 2: Work 25 seconds for each exercise

[Ball Leg Curl](#)

1:30 Minute rest

[Curl to Arnold](#)

1:30 Minute rest

[45 Leg Press](#)

Rest 2:30 between blocks

Block 3: Work 25 seconds for each exercise

[DB Tri Ext](#)

1:30 Minute rest

[DB BO Row](#)

1:30 Minute rest

[Face Pulls](#)

Rest 2:30 between blocks

