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## Get Huge Circuit For Sport

The following circuit may be used for athletes seeking to develop much larger arms, shoulders and neck musculature. It may also be used as an extra workout during the training week. There are two variations to choose from.

### Variation 1

1. Complete all 10 lifts in a row, and then let your partner complete all 10 lifts in a row while you rest. Complete as many sets as desired.

### Variation 2

2. Complete lifts 1 and 2, then let your partner complete the same lifts while you rest. Do the same for all the lifts in pairs of two. Complete as many sets as desired.

1. [Dumbbell Curl To Press](#)
2. [Manual 4-Way Neck](#)
3. [Side Deltoid Raise](#)
4. [Dumbbell Shrugs](#)
5. [Tricep Push Down](#)
6. [Straight Bar Curl](#)
7. [Over Head Lateral Raise](#)
8. [Shoulder Shrug](#)
9. [Floor Tricep Dumbbell Extension](#)
10. [Thors Hammer](#)

Check one of the following boxes to indicate what level you want to complete for each exercise.

|         |              |  |
|---------|--------------|--|
| Level 1 | 1 Sets of 10 |  |
| Level 2 | 2 Sets of 8  |  |
| Level 3 | 2 Sets of 10 |  |
| Level 4 | 2 Sets of 12 |  |
| Level 5 | 3 Sets of 6  |  |
| Level 6 | 3 Sets of 9  |  |
| Level 7 | 3 Sets of 12 |  |

