

XLathlete.com

Simple Series Circuit 1

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The **Simple Series** by [XL Athlete](#) is a collection of workouts and drills that can be done with a minimal amount of equipment. Representing a barebones approach to training, the Simple Series runs the gamut from circuits that can be completed in one's own home, to more advanced (yet still quite basic) weightlifting routines that can be done at your school or gym.

Requirements for this workout:

1. SET OF STAIRS

- Minimum of 10
- Maximum depends on your fitness

2. PLATE or LIGHT BARBELL

- For use with exercises
- Hold on back, front, or overhead

Directions for this workout:

1. Complete each exercise in a set
2. Do not rest until each set is complete
3. Complete sets required by level chosen

CHOOSE YOUR LEVEL

Level	Complete	Check Box
1	Sets 1-3 ONCE	
2	Sets 1-3 TWICE	
3	Sets 1-3 THREE TIMES	
4	Sets 1-3 FOUR TIMES	

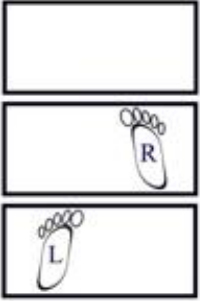


Simple Series Circuit 1

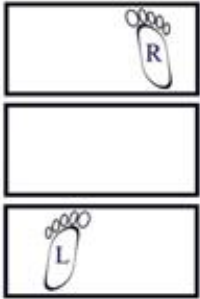
Set 1

Walk Stairs (At least 10 Stairs or more)

1. Every Stair Forward

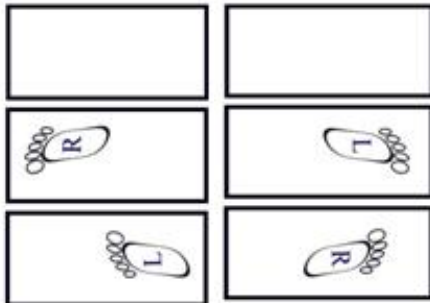


2. Every Other Stair Forward



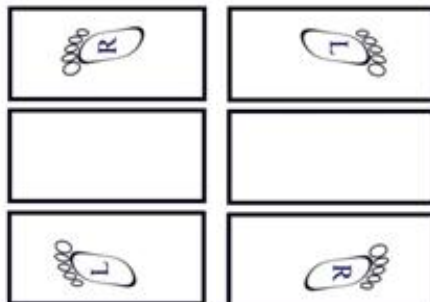
3. Every Stair Sideways Face Right

4. Every Stair Sideways Face Left



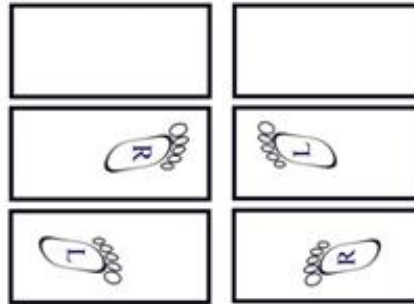
5. Every Other Stair Sideways Face Right

6. Every Other Stair Sideways Face Left



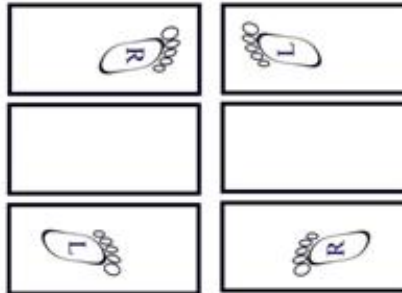
6. Every Stair Cross-Over Face Right

7. Every Stair Cross-Over Face Left



8. Every Other Stair Crossover Face Right

9. Every Other Stair Crossover Face Left



10. 20 Reps of Squats with plate or light bar

11. 30 Second Isometric Squat Hold

12. 20 Push Ups

13. 30 Second Isometric Push Up Hold

REST 2:00



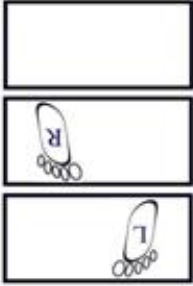
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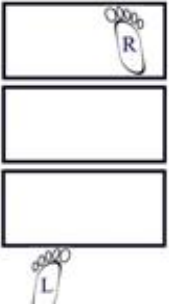
Set 2 (Do Not Rest Until Designated)

Walk Stairs (At least 10 Stairs or more)

1. Every Stair Backward

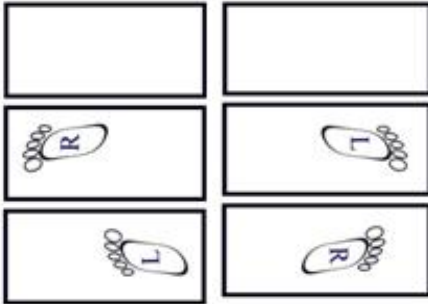


2. Every Third Stair Forward



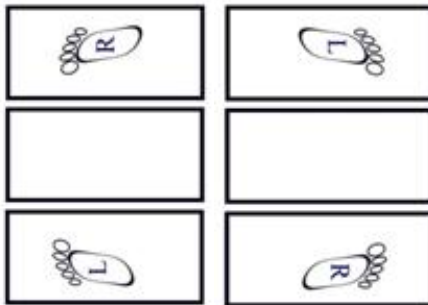
3. Every Stair Sideways Face Right

4. Every Stair Sideways Face Left



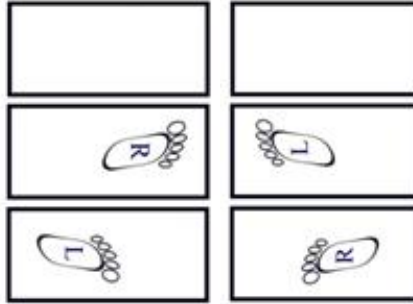
5. Every Other Stair Sideways Face Right

6. Every Other Stair Sideways Face Left



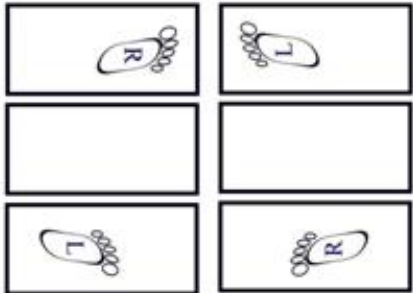
6. Every Stair Cross-Over Face Right

7. Every Stair Cross-Over Face Left



8. Every Other Stair Crossover Face Right

9. Every Other Stair Crossover Face Left



10. 10 Reps of Lunge With Plate or Bar EACH

11. 30 Second Isometric Lunge Hold EACH

12. 20 Push Ups

13. 30 Second Isometric Push Up Hold

REST 2:00

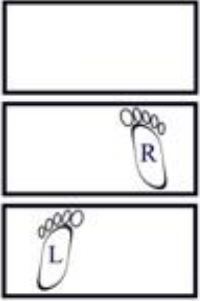


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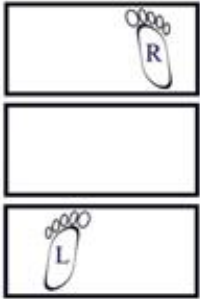
Set 3 (Do Not Rest Until Designated)

Walk Stairs (At least 10 Stairs or more)

1. Every Stair Forward

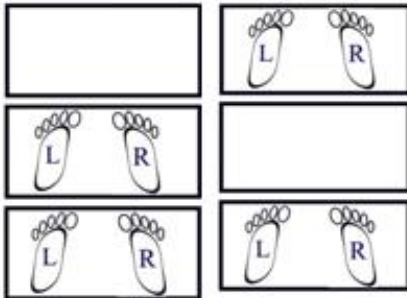


2. Every Other Stair Forward



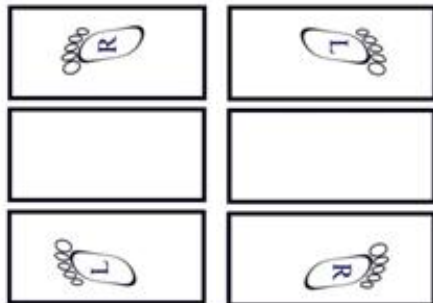
3. Hop Every Stair

4. Hop Every Other Stair



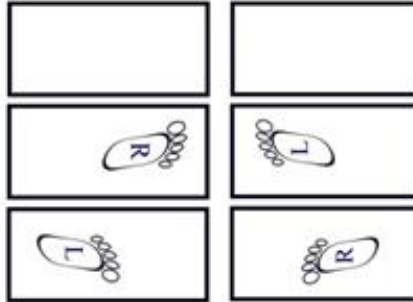
5. Every Other Stair Sideways Face Right

6. Every Other Stair Sideways Face Left



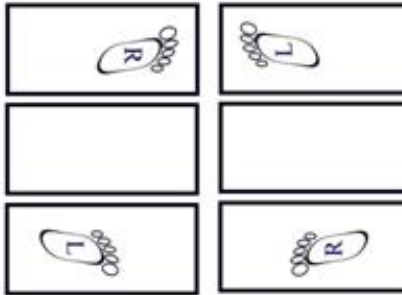
6. Every Stair Cross-Over Face Right

7. Every Stair Cross-Over Face Left



8. Every Other Stair Crossover Face Right

9. Every Other Stair Crossover Face Left



10. 20 Reps of Zercher Good Morning w/ Plate

11. 30 Second Isometric Squat Hold

12. 20 Push Ups

13. 30 Second Isometric Push Up Hold

REST 2:00

