

Simple Series Circuit 2

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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 MEDICINE BALL

- Minimum of 25 Pounds
- For use with stairs and 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

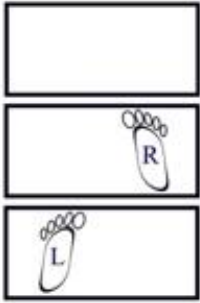
Level	Complete	Check Box
1	Sets 1-2 ONCE	
2	Sets 1-2 TWICE	
3	Sets 1-2 THREE TIMES	
4	Sets 1-2 FOUR TIMES	



Simple Series Circuit 2

Set 1

1. Walk Every Stair Forward w/ Plate

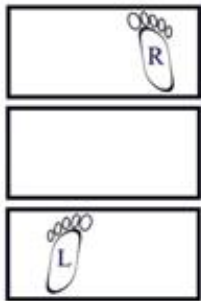


2. 20 Reps of Squats w/ Plate

3. 20 Sec. Isometric Squat Hold w/ Plate

4. Walk Back Down Stairs w/ Plate

5. Every Other Stair Forward w/ Plate



6. 20 Push Ups w/ Plate On Back

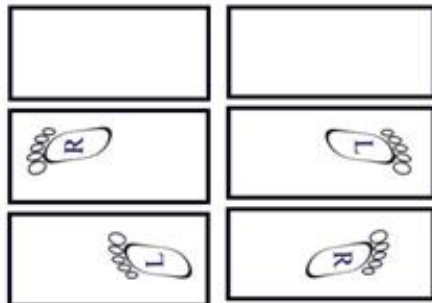
7. 20 Sec. Isometric Push Up Hold w/ Plate

8. Walk Back Down Stairs w/ Plate

9. Every Other Stair Face Right w/ Plate

10. Walk Back Down Stairs w/ Plate

11. Every Other Stair Face Left w/ Plate



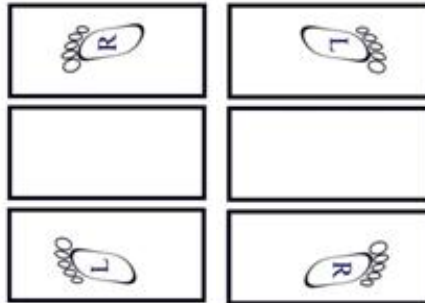
12. 10 Reps of Lunge With Plate EACH

13. 20 Sec. Isometric Lunge Hold w/ Plate EACH

14. Walk Back Down Stairs w/ Plate

15. Every Other Stair Face Right w/ Plate

16. Every Other Stair Face Left w/ Plate



17. 20 Reps of Zercher Good Morning w/ Plate

18. 20 Sec. Isometric Squat Hold w/ Plate

19. 20 Push Ups w/ Plate On Back

20. 20 Sec. Isometric Push Up Hold w/ Plate

21. Walk Back Down Stairs w/ Plate

REST 2:00



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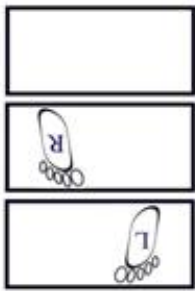
Simple Series Circuit 2

Set 2

1. Walk Every Stair Backward w/ Plate

15. Every Other Stair Crossover Right w/ Plate

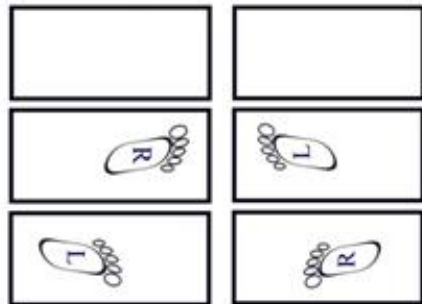
16. Every Other Stair Crossover Left w/ Plate



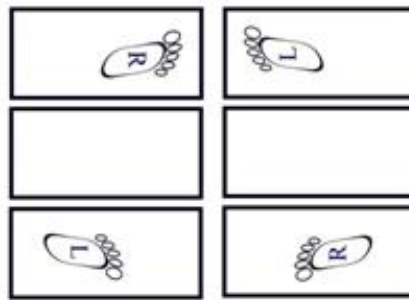
2. 10 Reps of Split Squats w/ Plate EACH
3. 20 Sec. Isometric Lunge Hold w/ Plate EACH
4. Walk Back Down Stairs w/ Plate
5. Every Third Stair Forward w/ Plate



6. 20 Push Ups w/ Plate On Back
7. 20 Sec. Isometric Push Up Hold w/ Plate
8. Walk Back Down Stairs w/ Plate
9. Every Other Stair Crossover Right w/ Plate
10. Walk Back Down Stairs w/ Plate
11. Every Other Stair Crossover Left w/ Plate



12. 10 Reps of Messier Squats w/ Plate EACH
13. 20 Sec. Isometric Squat Hold w/ Plate
14. Walk Back Down Stairs w/ Plate



17. 20 Reps of Zercher Good Morning w/ Plate
18. 20 Sec. Isometric Squat Hold w/ Plate
19. 20 Push Ups w/ Plate On Back
20. 20 Sec. Isometric Push Up Hold w/ Plate
21. Walk Back Down Stairs w/ Plate

REST 2:00

