

XLathlete.com

Simple Series Circuit 3

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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 and MEDICINE BALL

- Plate minimum of 25 Pounds
- Med Ball minimum of 8 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

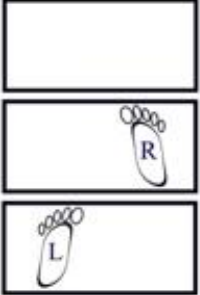
CHOOSE YOUR LEVEL

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	



Set 1

1. Walk Every Stair Forward w/ Plate



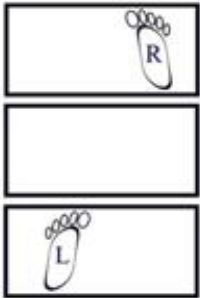
2. 7 Bodyweight Squat Jumps

3. 20 Reps of Squat w/ Plate

4. 20 Sec. Isometric Squat Hold w/ Plate EACH

5. Walk Back Down Stairs w/ Plate

6. Every Other Stair Forward w/ Plate



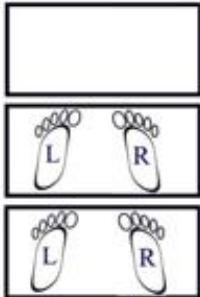
7. 7 Clap Push Ups

8. 20 Push Ups w/ Plate On Back

9. 20 Sec. Isometric Push Up Hold w/ Plate

10. Walk Back Down Stairs w/ Plate

11. Hop Every Stair w/ Med Ball

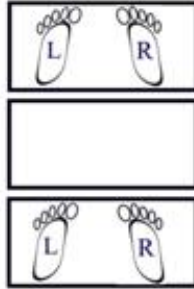


12. 20 Medicine Ball Twists Each Way

13. 20 Medicine Ball V-Ups

14. Walk Back Down Stairs w/ Med Ball

15. Hop Every Other Stair w/ Med Ball



16. 10 Reps Alt. Split Lunge Jumps w/ Med Ball EACH

17. 30 Sec. Isometric Squat Hold w/ Med Ball EACH

18. 7 Clap Push Ups

19. 20 Push Ups on Med Ball

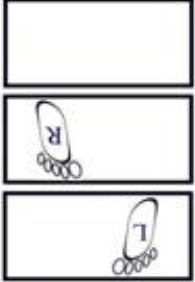
19. Walk Back Down Stairs w/ Med Ball

REST 2:00



Set 2

1. Walk Every Stair Backward w/ Plate



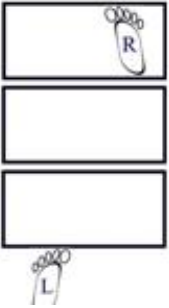
2. 7 Bodyweight Squat Jumps

3. 20 Reps of Squat w/ Plate

4. 20 Sec. Isometric Squat Hold w/ Plate EACH

5. Walk Back Down Stairs w/ Plate

6. Every Other Stair Forward w/ Plate



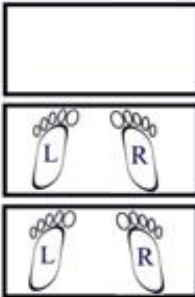
7. 7 Clap Push Ups

8. 20 Push Ups w/ Plate On Back

9. 20 Sec. Isometric Push Up Hold w/ Plate

10. Walk Back Down Stairs w/ Plate

11. Hop Every Stair w/ Med Ball

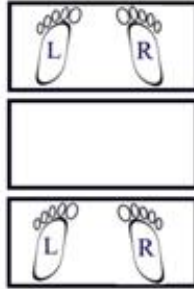


12. 20 Medicine Ball Twists Each Way

13. 20 Medicine Ball V-Ups

14. Walk Back Down Stairs w/ Med Ball

15. Hop Every Other Stair w/ Med Ball



16. 10 Reps Alt. Split Lunge Jumps w/ Med Ball EACH

17. 30 Sec. Isometric Squat Hold w/ Med Ball EACH

18. 7 Clap Push Ups

19. 20 Push Ups on Med Ball

19. Walk Back Down Stairs w/ Med Ball

REST 2:00

