

# September Circuit

Compound Sets: Do 2 - 3 sets of 10 – 12 reps of all three exercises in each section, and then move on to the next section.

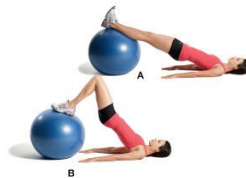
Inverted Back Row (use the Smith Machine or the TRX)  
Bent Over Row  
Rear Delt Fly



Alternating Decline Chest Press  
Incline DB Chest Fly  
Push up (also can be performed from knees)



Lateral Lunge  
Ball Leg Curl  
DB RDL



Prone Sky- Dive  
Reaching Sit Ups  
Sit-ups

