

## Full-Body Circuit-Style Workout:

Always begin with 5 minute warm up...Walk on treadmill for this workout.

\*Stretching is also very important and will be covered in greater detail in up-coming FREE downloadable documents available at [3n1Fitness.com](http://3n1Fitness.com)...Always do it when muscles are warm and pliable and never skip it completely to avoid injury!

### Segment One:

**8 minutes on treadmill** at least 65-70% of max (*This should be a percentage of your own personal fastest running/jogging speed and it must be comfortable enough that you can maintain it for 8 minutes and repeat it several times over the course of this workout*)

**Squats - 10 reps**

**Push Ups - 8 to 10 reps**

**Bicep Curls – 10 to 12 reps** [Choose a weight that will only allow you to repeat a maximum of 12 times]

**Crunches – 25X** (*or split into 5 sets of 5 with a small rest in between*)

### Segment Two:

**8 minutes on treadmill** at least 65-70% of max

**Calf Raises – 20X**

**Push Ups – 8 to 10**

**Lateral Shoulder Raises – 10 to 12 reps** [Choose a weight that will only allow you to repeat a maximum of 12 times]

**Crunches – 25X** (*or split into 5 sets of 5 with a small rest in between*)

**Segment Three:**

**8 minutes on treadmill** at least 65-70% of max

**Stationary Lunges:** *A complete set on one leg before switching to the other leg to repeat*

**Tricep Dips** (Use a chair or bench; Place hands shoulder width apart behind you on chair; Legs stretched in front on the floor; "Dip" down and up using the back of your arms (triceps); Be sure not to allow elbows to go wider than shoulder width (like "chicken wings") as its hard on the shoulder joints.

**Crunches – 25X** *(or split into 5 sets of 5 with a small rest in between)*

**Don't skip the 5-minute cool down walk on treadmill**

**\*Please check with your doctor before participating in this or any other fitness program if you have any doubts about whether or not this is safe for you. Never continue exercising with an injury or suspected injury. Stop the activity and see your health care provider if you feel injured in any way. Continuing to work out on an injury may mean the difference between being "down" for a few days or weeks to inflicting permanent damage.\***

Thank you for downloading this FREE Workout made available by [www.3n1fitness.com](http://www.3n1fitness.com) . The difference between our workouts and all of the others is that they are FREE and they will always be!

We really do just want to make a difference one workout at a time.