



Total Body Lifting Circuits



Equipment: 20yards of room, Free Weights (Bar), Pullup Bar, Jump Rope or Stationary Cardio

	Order	Video	Exercise	Tempo	Rest	Forwards			Backs			
						Sets	Reps	Rx	Sets	Reps	Rx	
READY	1	-	Jump Rope.	-	0	1	5m	Easy	1	5m	Easy	
	2	Strength	Overhead Squat	Control	30s	1	15	Bar	1	15	Bar	
	3	Core	Jack Knife Glute Iso	Control	0	2e	15e	-	-	15e	-	
Prevent		Pushup +	Control	0	2e	15	-	2e	15	-		
Prevent		1-Leg Cone Touch	Control	1m	2e	15e	-	2e	15e	-		
AIM	4	Quickness	Ladder - Fwd 2 Feet		15s	2	<5s	-	2	<5s	-	
	5	Quickness	Ladder - Lateral 2 Feet	X	15s	2	<5s	-	2	<5s	-	
	6	Quickness	Ladder - Hop Scotch	X	15s	2	<5s	-	2	<5s	-	
	7	Quickness	Ladder - Slalom	X	15s	2	<5s	-	2	<5s	-	
	8	Flexibility	Crescent Kicks	X	0	1	20y	-	1	20yd	-	
FIRE	9	Power	Hang Clean Pull (Rx based of Clean Max) - Use Hook Grip	X	90s	3	5	65%	3	5	65%	
						3	5	75%		5	75%	
						3	5	85%		5	85%	
						3	5	85%		-	-	
						3	5	85%		-	-	
	10	Clean Complex: Perform all reps of each exercise, then proceed to next:					1Round=All 4 exercises			1Round=All 4 exercises		
		Strength	1	CRDL	X	0	4 Rounds	3	115#	5 Rounds	3	95#
		Strength	2	Bentover Row	X	0		3	115#		3	95#
		Power	3	Hang Clean	X	0		3	115#		3	95#
		Power	4	Push Press	X	1m		3	115#		3	95#
Core		1	Partner Crunch	X	1m	1		30	-		1	30
FreeForm	1	Air Squat	X	0	Max Sets in 20min	20		-	Max Sets in 20min		40y	-
FreeForm	1	Pushups	X	0		20	-	20		-		
FreeForm	1	Fireman Carries	X	0		40y	-	40y		-		
Strength	1	Chinups (Angled Chinups)	X	0		10	-	10		-		
Flexibility	1	X-Over Lunge w/ Pivot	X	0		40y	-	40y		-		
11	Core	Partner Crunch	X	1m		1	30	-		1	30	-
CLEAR	13	Flexibility	Modified Hurdler Push	-	0	1	30s/e	-	1	30s/e	-	
	14	Flexibility	Side Lying Quad	-	0	1	30s/e	-	1	30s/e	-	
	15	Flexibility	Wall Chest Stretch	-	0	1	30s/e	-	1	30s/e	-	
	16	Flexibility	Elbow Behind the Head	-	0	1	30s/e	-	1	30s/e	-	

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