

# Circuittraining

exercise		n° of machine	muscle group	machine settings	reps	weight															
						2 *	2 *	2 *	2 *	2 *	2 *	2 *	3 *	3 *	3 *	3 *	3 *	3 *	4 *	4 *	
1.	crunches	mats	abdominal muscles		up to 20																
2.	lateral/side raise	25	shoulders		15-20																
3.	seated chest press	20	chest		15-20																
4.	rows, wide grip	21	upper back		15-20																
5.	hyperextensions	5	back extensor		15-20																
6.	horizontal leg press	14	upper legs/thighs		15-20																
7.	seated calf raises	11	calves		15-20																
8.	external rotation, right arm	50	rotator cuff		15-20																
9.	external rotation, left arm	50	rotator cuff		15-20																
10.	internal rotation, right arm	50	rotator cuff		15-20																
11.	internal rotation, left arm	50	rotator cuff		15-20																

**training process:** - after a set of 15-20 repetitions, go to the next exercise  
 - once you've completed exercise n° 11, start a new circuit with exercise n° 1  
 - 2-4 circuits  
 - \* ≙ number of circuits

**individual hints regarding the training process:**