

SHAPE-UP CIRCUIT

WITH WEIGHTS

Warm up with five minutes of light cardio. Grab a set of dumbbells, between five and 10 pounds, and perform each three-exercise circuit three times before moving to the next. Cool down with five minutes of stretching.

CIRCUIT 1



**REVERSE LUNGE TO
OVERHEAD PRESS**
10 reps, each side



**SIDE PLANK WITH
REVERSE FLY**
10 reps, each side



**DUMBBELL
SWING**
20 reps

CIRCUIT 2



**PLANK
WITH ROW**
10 reps, each side



**DEEP SQUAT WITH
OVERHEAD REACH**
15 reps



**WARRIOR 3 WITH
TRICEPS KICKBACK**
10 reps, each side

CIRCUIT 3



**DEADLIFT WITH
FRONT ROW**
15 reps



**V-SIT WITH SINGLE-
ARM CHEST FLY**
10 reps, each side



**SPLIT SQUAT WITH
BICEP CURL**
10 reps, each side

Weight Training Circuit Template

Roman Wölfel

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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