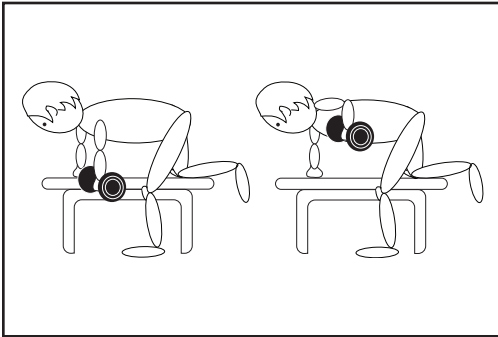


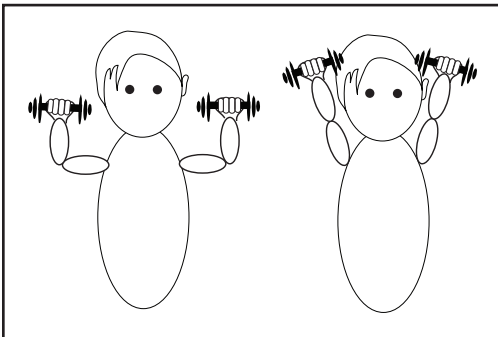
# Paul Plakas' Sample Circuit Workout



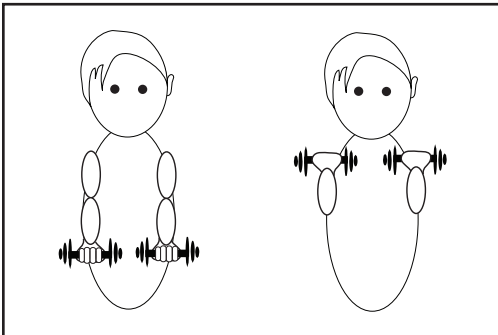
Circuit training is great for fat loss, muscle building and heart-lung fitness. We have listed a sample circuit below to get you started. Complete the number of minutes or repetitions (reps) specified for each exercise.



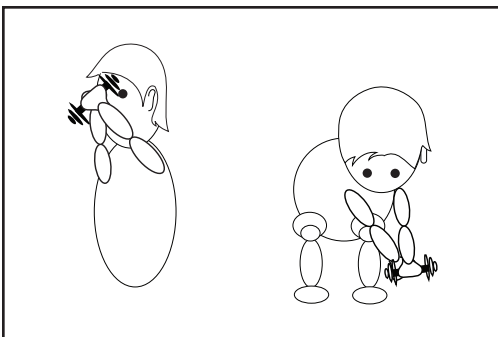
Dumbbell Rows



Dumbbell Shoulder Press



Dumbbell Bicep Curl



Dumbbell Wood Chop

## Sample Circuit Training course

1. 1 to 2 minutes skipping rope
2. 15 to 20 reps of squats
3. 15 to 20 reps of push-ups
4. 1 to 2 minutes of jumping jacks
5. 15 to 20 reps of lunges
6. 15 to 20 reps of dumbbell rows
7. 1 to 2 minutes of step-ups
8. 30 to 60 seconds in plank position
9. 15 to 20 reps of dumbbell shoulder presses
10. 1 to 2 minutes of skipping
11. 30 to 60 seconds of side plank position
12. 15 to 20 reps of tricep bench dips
13. 1 to 2 minutes of jumping jacks
14. 15 to 20 reps of standing dumbbell bicep curls
15. 15 reps per side of a dumbbell wood chop
16. 1 to 2 minutes of step-ups

\*If you are unsure of how to do an exercise, please consult a fitness professional at your local fitness centre.