

Order	Exercise-Settings NOTES	(rep pattern)	wkout	Sets	Rep Range	Load	Tempo			Rest		uni or bi	Date																				
													Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6		
A	Super Legs Circuit 2 video demonstration & instructions												wt																				
													Reps																				
													Note																				
A1	squat jumps		1	3	12	12		1	0	0	0	5	1	wt																			
			2	4	12	12		1	0	0	0	5	1	Reps																			
			3	5	12	12		1	0	0	0	5	1	Note																			
A2	alternating lunge jumps (or alternating lunges)		1	3	12	12		1	0	0	0	5	2	wt																			
			2	4	12	12		1	0	0	0	5	2	Reps																			
			3	5	12	12		1	0	0	0	5	2	Note																			
A3	lateral skater hops		1	3	12	12		1	0	0	0	5	1	wt																			
			2	4	12	12		1	0	0	0	5	1	Reps																			
			3	5	12	12		1	0	0	0	5	1	Note																			
A4	squats		1	3	12	12		1	0	0	60	180	1	wt																			
			2	4	12	12		1	0	0	60	180	1	Reps																			
			3	5	12	12		1	0	0	60	180	1	Note																			
B	Notes: Goal is to work up to 6 sets. Rest is a 1:1 ratio of work to rest ratio, meaning if the circuit takes 2 minutes. Rest 2 minutes. A fast time is 80 seconds. However don't sacrifice quality just for getting through the circuit quickly.												wt																				
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Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program	7	14
M1	#N/A		M4	#N/A		time	9	18
M2	#N/A		M5	#N/A			11	23
M3	#N/A		M6	#N/A		©2020 HPT, INC.		

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Order	Mobility/ Flexibility Exercise	Note	Order	Mobility/ Flexibility Exercise	Note	program	time	### ###
M1	#N/A		M4	#N/A				### ###
M2	#N/A		M5	#N/A				### ###
M3	#N/A		M6	#N/A				### ###
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