

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																		
											Reps																		
											Note																		
											wt																		
											Reps																		
											Note																		
											wt																		
											Reps																		
											Note																		
											wt																		
											Reps																		
											Note																		



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				

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		4	4	12	12		1	0	0	0	5	1	wt																		
			5	5	12	12		1	0	0	0	5	1	Reps																		
			6	6	12	12		1	0	0	0	5	1	Note																		
A2	alternating lunge jumps (or alternating lunges)		4	4	12	12		1	0	0	0	5	2	wt																		
			5	5	12	12		1	0	0	0	5	2	Reps																		
			6	6	12	12		1	0	0	0	5	2	Note																		
A3	lateral skater hops		4	4	12	12		1	0	0	0	5	1	wt																		
			5	5	12	12		1	0	0	0	5	1	Reps																		
			6	6	12	12		1	0	0	0	5	1	Note																		
A4	squats		4	4	12	12		1	0	0	60	180	1	wt																		
			5	5	12	12		1	0	0	60	180	1	Reps																		
			6	6	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																					
													wt																			
													Reps																			
													Note																			
													wt																			
													Reps																			
													Note																			
													wt																			
													Reps																			
													Note																			



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			####