

# SarcoFlex

## Full Body Circuit: Basic Progression

Notes: Perform in a vertical sequence to enhance strength & endurance. Start with exercise 1 and perform one set of each exercise before moving on to set 2.

| Exercises              | Muscle Groups               | WEEK                          |        |        | Rest Time |
|------------------------|-----------------------------|-------------------------------|--------|--------|-----------|
|                        |                             | 1 (set x reps)                | 2      | 3      |           |
| Chest Press            | Pecs, Anterior Delt         | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Leg Press              | Quads, Glutes               | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Dumbbell RDL           | Hamstrings, Glutes          | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Military Press         | Anterior Delt, Lateral Delt | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Dumbbell Lateral Raise | Lateral Delt                | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Barbell Row            | Traps                       | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Calf Raises            | Calves                      | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Lat Pulldown           | Lats                        | 2 x 15                        | 3 x 10 | 4 x 8  | 30 Sec    |
| Sit-up                 | Abdominals                  | 2 x 15                        | 3 x 15 | 4 x 20 | 30 Sec    |
|                        |                             |                               |        |        |           |
|                        |                             | Frequency: 2-3 times per week |        |        |           |

### Equipment Needed

Barbell

Weights

Cable Machine

Dumbbells

Leg Press Machine

Chest Press Machine