

SarcoFlex

Full Body Circuit: Compound Strength

Notes: Perform all sets of each individual exercise before moving on to the next. (Horizontal Sequence)

Exercises	Muscle Groups	WEEK			Rest Time
		1 (set x reps)	2	3	
Trap Bar Deadlift	Legs, Back, Traps	2 x 12	3 x 10	4 x 8	30-60 Sec
Barbell Good Morning	Hamstrings, Glutes	2 x 12	3 x 10	4 x 8	30-60 Sec
Leg Curl	Hamstrings	2 x 15	3 x 10	4 x 8	30 Sec
Lat Pull-down	Lats, Scapula, Traps	2 x 12	3 x 10	4 x 8	30-60 Sec
Bench Press	Pecs	2 x 12	3 x 10	4 x 8	30-60 Sec
Front Squat	Quads, Glutes	2 x 12	3 x 10	4 x 8	30-60 Sec
Military Press	Shoulders (Delts)	2 x 15	3 x 10	4 x 8	30 Sec
Tricep Pushdown	Triceps	2 x 15	3 x 10	4 x 8	30 Sec
Ez Bar Curl	Biceps	2 x 15	3 x 15	4 x 20	30 Sec
Hanging Leg Raise	Abs, Hip Flexors	2 x 15	3 x 15	3 x 20	30 Sec
Calf Raises	Calves	2 x 15	3 x 15	3 x 25	30 Sec
Frequency: 2-3 times per week					

Equipment Needed

Trap Bar
Barbell
Cable Machine
Bench
Pull-up Bar