

SarcoFlex

Full Body Circuit: Dumbbell / Kettlebell Free Weights

Notes: Perform in a superset style. Start with A1 and work through A3 before moving on to set 2 in the series. Finish all sets and exercises in the A series before moving on to B series.

Exercises	Muscle Groups	WEEK			Rest Time
		1 (set x reps)	2	3	
A1. Dumbbell Row	Lats, Traps, Rear Delt	2 x 15	3 x 10	3 x 10	15-30 Sec
A2. Dumbbell Press	Delts	2 x 12	3 x 10	3 x 10	15-30 Sec
A3. Dumbbell Lateral Raise	Lateral Delt	2 x 15	3 x 10	3 x 10	1-2 min. between circuit
B1. Kettlebell Swing	Glutes, Hamstrings	2 x 15	3 x 15	3 x 15	15-30 Sec
B2. Goblet Squat	Quads, Glutes	2 x 15	3 x 12	3 x 15	15-30 Sec
B3. Dumbbell Step Up	Quads, Glutes	2 x 15	3 x 10	3 x 12	1-2 min. between circuit
C1. Tricep Kickback	Triceps	2 x 15	3 x 12	3 x 10	15-30 Sec
C2. Dumbbell Curl	Biceps	2 x 15	3 x 12	3 x 10	15-30 Sec
C3. Hammer Curl	Brachioradialis	2 x 15	3 x 12	3 x 10	1-2 min. between circuit
Arm Extended Kettlebell March	Hip Flexors, Core	2 x 15 each	3 x 20	3 x 25	30 Sec

Frequency: 3-4 Times Per Week

Equipment Needed

Kettlebell
Dumbbells
Bench

Purpose: Strength & Muscular Endurance