

SarcoFlex

Full Body Circuit: Longevity

Notes: To focus on strength take longer rest (1-2 min). To focus on hypertrophy and endurance rest 30-60 seconds max between exercises.

Purpose

Muscular Strength
Muscular Endurance
Mobility

Exercises	Muscle Groups	WEEK			Rest Time
		1 (set x reps)	2	3	
Pull ups	Lats, Scapula, Traps	1 x 10	1 x 12	2 x 8	30 - 60 Sec
Chin Ups	Biceps, Scapula, Lats	1 x 10	1 x 12	2 x 8	30 - 60 Sec
Face Pulls	Rear Delts, Traps, Rhomboids	1 x 15	1 x 15	2 x 10	30 - 60 Sec
Tricep Pushdown	Triceps	1 x 20	2 x 15	2 x 10	30 - 60 Sec
EZ Bar Curl	Biceps	1 x 20	2 x 15	2 x 10	30 - 60 Sec
Back Extension	Erector Spinae, Glutes	1 x 20	1 x 25	1 x 25	30 - 60 Sec
Calf Raises	Calves	1 x 25	2 x 25	3 x 20	30 - 60 Sec
Dumbbell Step Up	Glutes, Hamstrings, Calves	1 x 12	2 x 12	3 x 12	30 - 60 Sec
Front Squat	Quads, Glutes	1 x 12	2 x 12	3 x 10	30 - 60 Sec
Leg Curl	Hamstrings	1 x 12	2 x 12	3 x 10	30 - 60 Sec
Nordic Curl	Hamstrings	1 x 12	2 x 12	3 x 10	30 - 60 Sec
Tibialis Raises	Tibialis Anterior	1 x 25	1 x 25	2 x 25	30 - 60 Sec
Hanging Leg Raise	Hip Flexors, Abs	1 x 15	1 x 15	1 x 20	30 - 60 Sec
Oblique Crunch	Obliques	1 x 15	1 x 15	1 x 20	30 - 60 Sec
Copenhagen Plank	Adductors	1 x 45 Sec	1 x 45 Sec	2 x 45 Sec	30 - 60 Sec
Frequency: 2-3 times per week					

Equipment Needed

Pull up Bar
EZ Bar
Hyperextension
Barbell & Dumbbells
Cable Machine
Nordic Curl Bench

Stretches

Exercises	Muscle Groups	WEEK			Rest Time
		1 (set x reps)	2	3	
Bar Hang	Back	1 x 30 sec	1 x 30 sec	1 x 30 sec	x
Supine Flexion	Shoulders / Scapula	1 x 12	2 x 12	2 x 12	30 sec
Bench T Spine	Lats	1 x 45 sec	1 x 45 sec	1 x 45 sec	x
Butterfly	Adductors	1 x 45 sec	1 x 45 sec	1 x 45 sec	x
Pause Squat (Holding Weight in front)	Ankles (Knee Over Toe Position)	1 x 45 sec	2 x 45 sec	2 x 45 sec	30 sec
Couch Stretch	Hip Flexors	1 x 45 sec	1 x 45 sec	1 x 45 sec	x
Seated Goodmorning	Back, Glutes, Hamstrings	1 x 12	1 x 12	2 x 12	30 sec