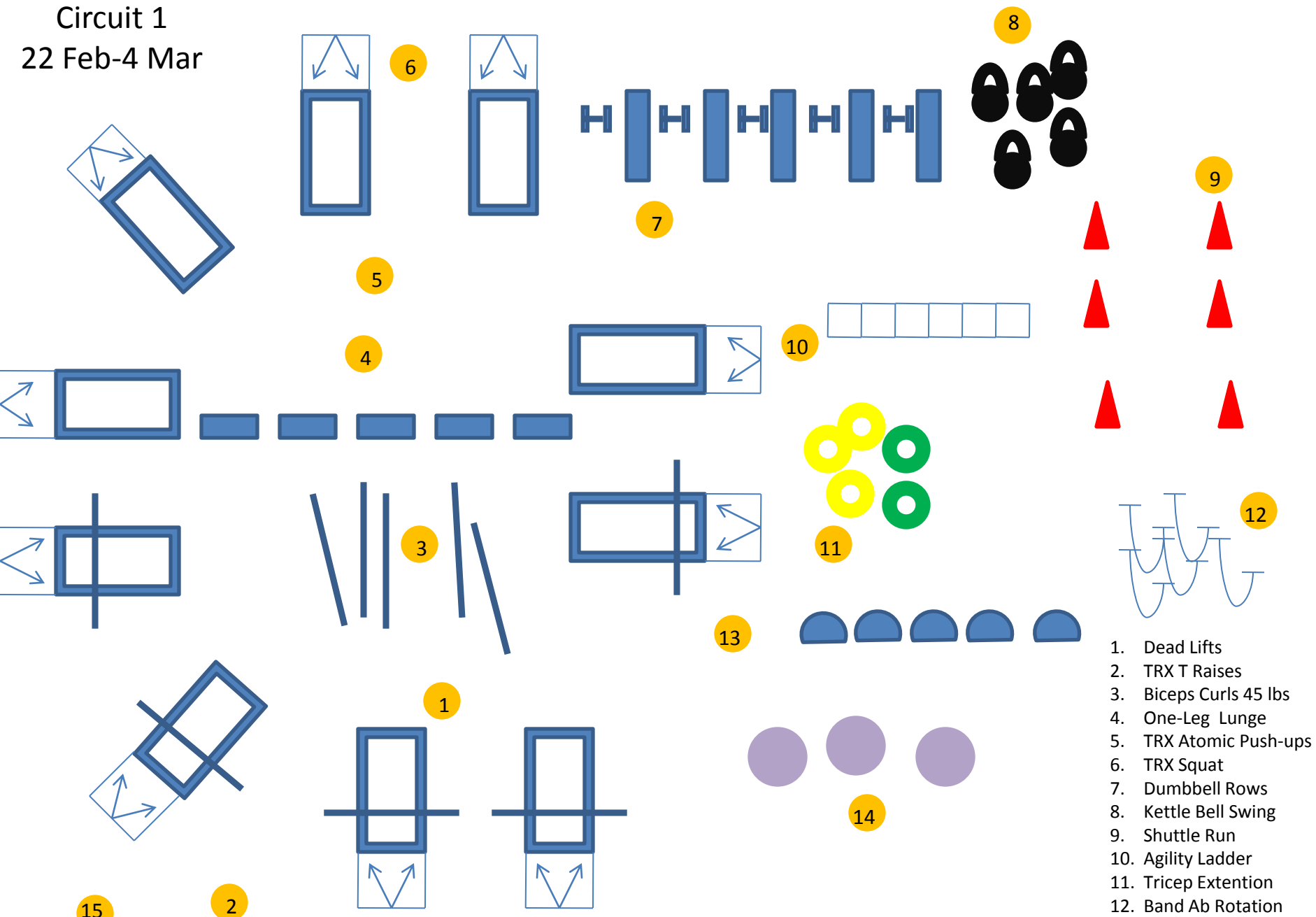
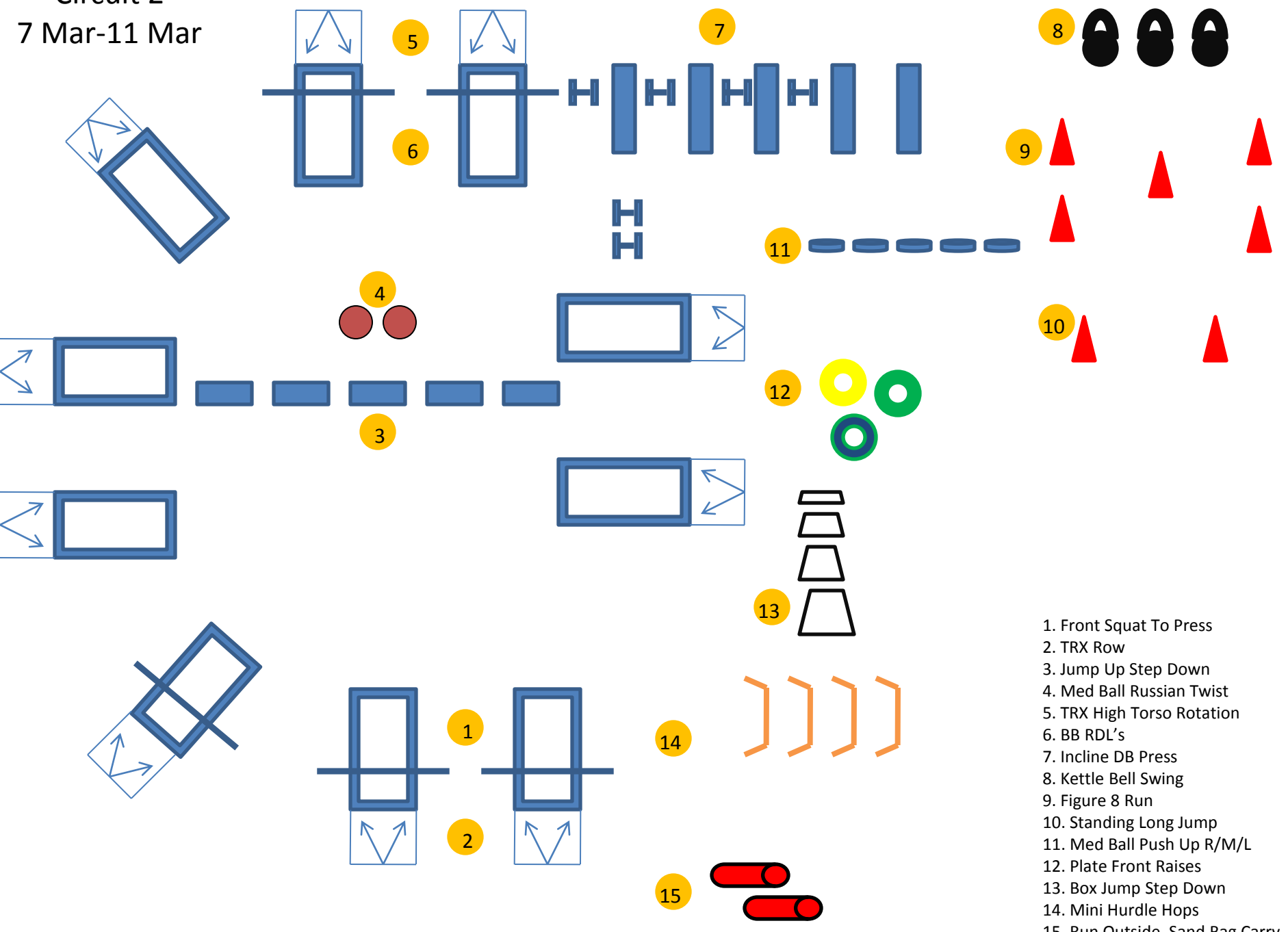


Circuit 1  
22 Feb-4 Mar



1. Dead Lifts
2. TRX T Raises
3. Biceps Curls 45 lbs
4. One-Leg Lunge
5. TRX Atomic Push-ups
6. TRX Squat
7. Dumbbell Rows
8. Kettle Bell Swing
9. Shuttle Run
10. Agility Ladder
11. Tricep Extension
12. Band Ab Rotation
13. Bosu Crunch
14. Ball Hamstring Curl
15. Laps X2

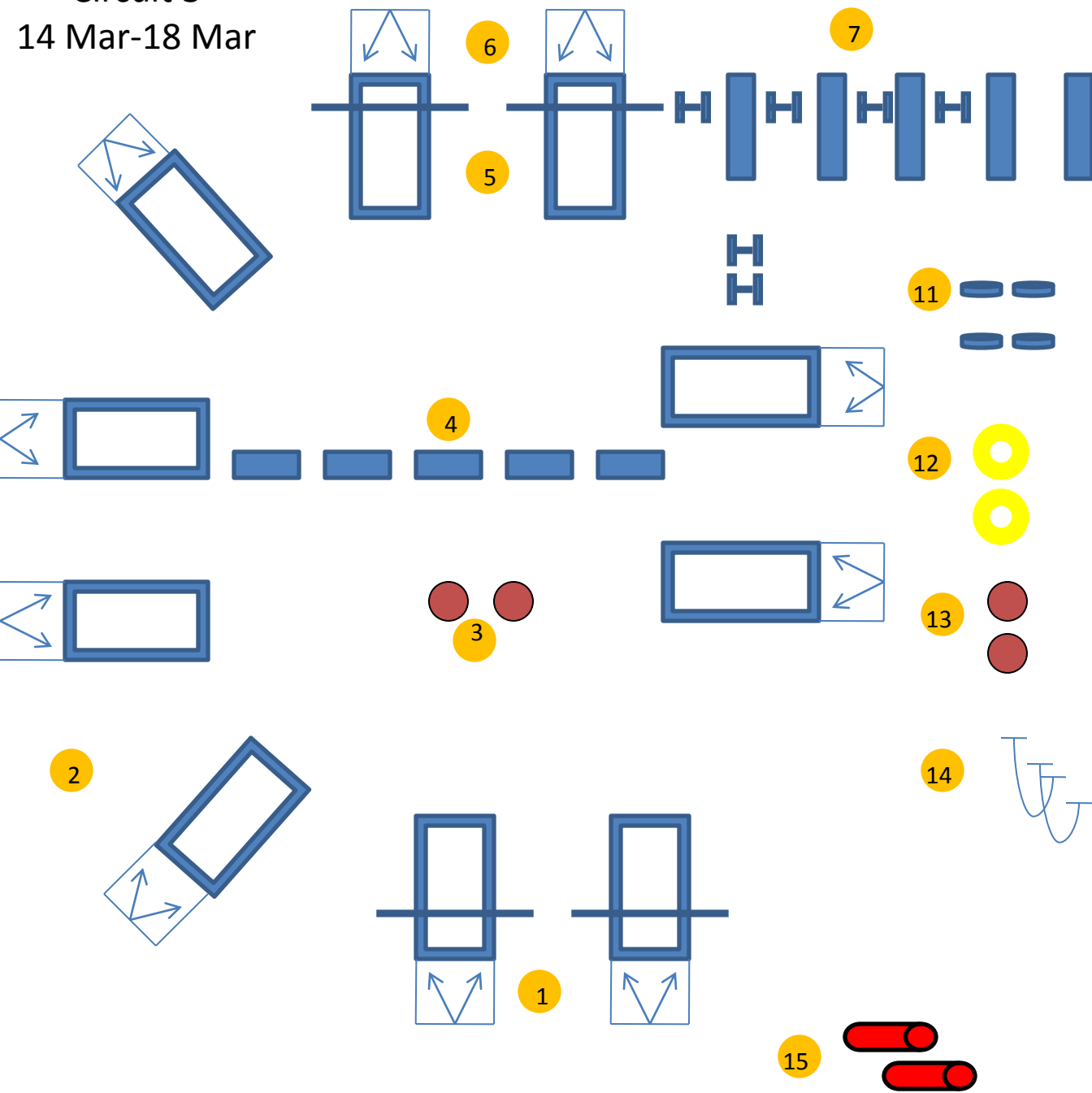
Circuit 2  
7 Mar-11 Mar



1. Front Squat To Press
2. TRX Row
3. Jump Up Step Down
4. Med Ball Russian Twist
5. TRX High Torso Rotation
6. BB RDL's
7. Incline DB Press
8. Kettle Bell Swing
9. Figure 8 Run
10. Standing Long Jump
11. Med Ball Push Up R/M/L
12. Plate Front Raises
13. Box Jump Step Down
14. Mini Hurdle Hops
15. Run Outside, Sand Bag Carry

# Circuit 3

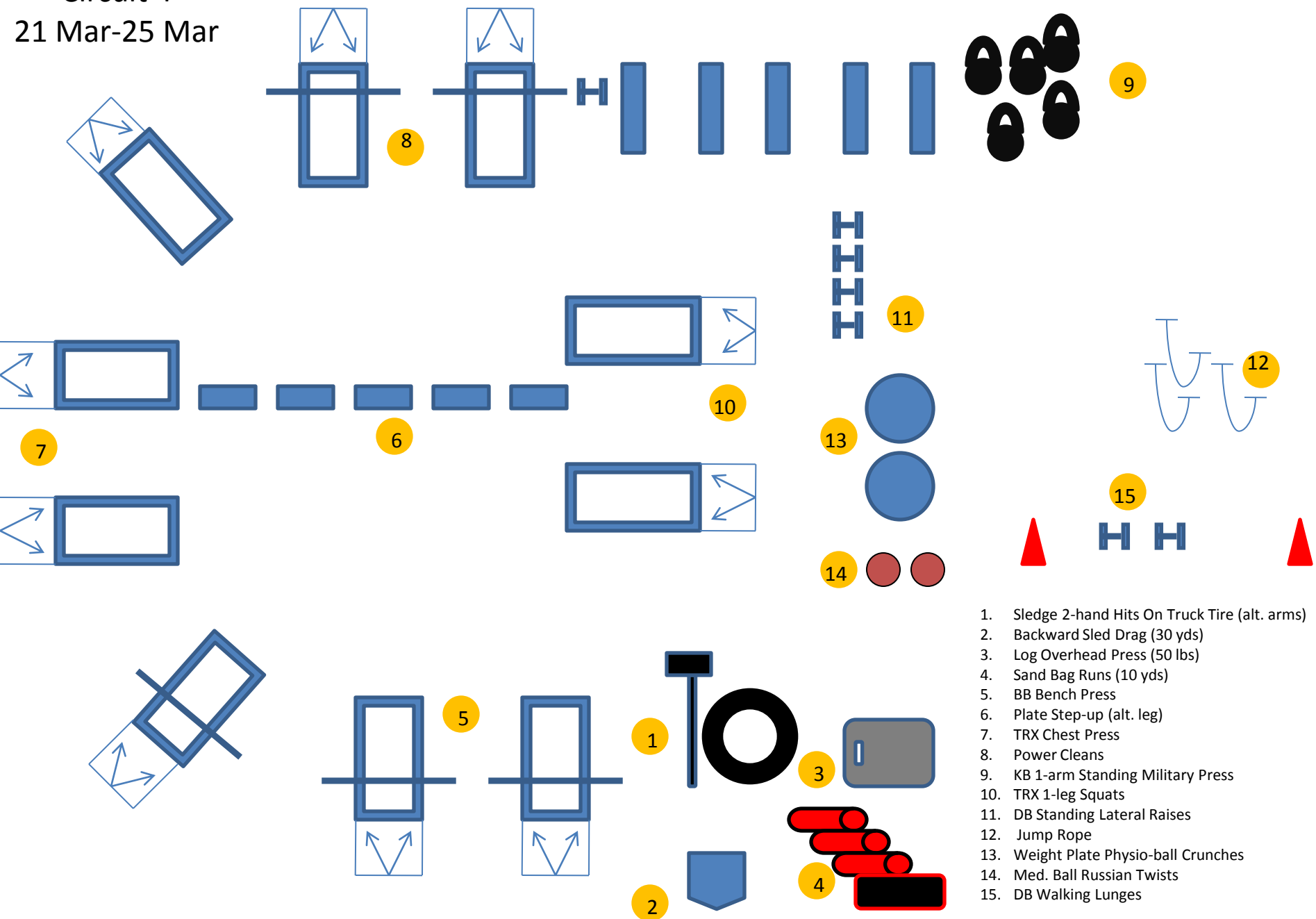
14 Mar-18 Mar



1. TRX Suspended Crunch
2. TRX Reverse Fly
3. Med Ball Chest Pass
4. Bench Dips
5. Incline Bench
6. TRX Triceps Extension
7. DB Incline Bench Press
8. Kettlebell Swing
9. Z Shuttle Run
10. Lateral Box Jump
11. Small Pad Squat
12. Lateral Squat With 10lb Plate
13. V Up With Med Ball
14. Band Shoulder Side Raise
15. Sand Bag Carry

# Circuit 4

21 Mar-25 Mar

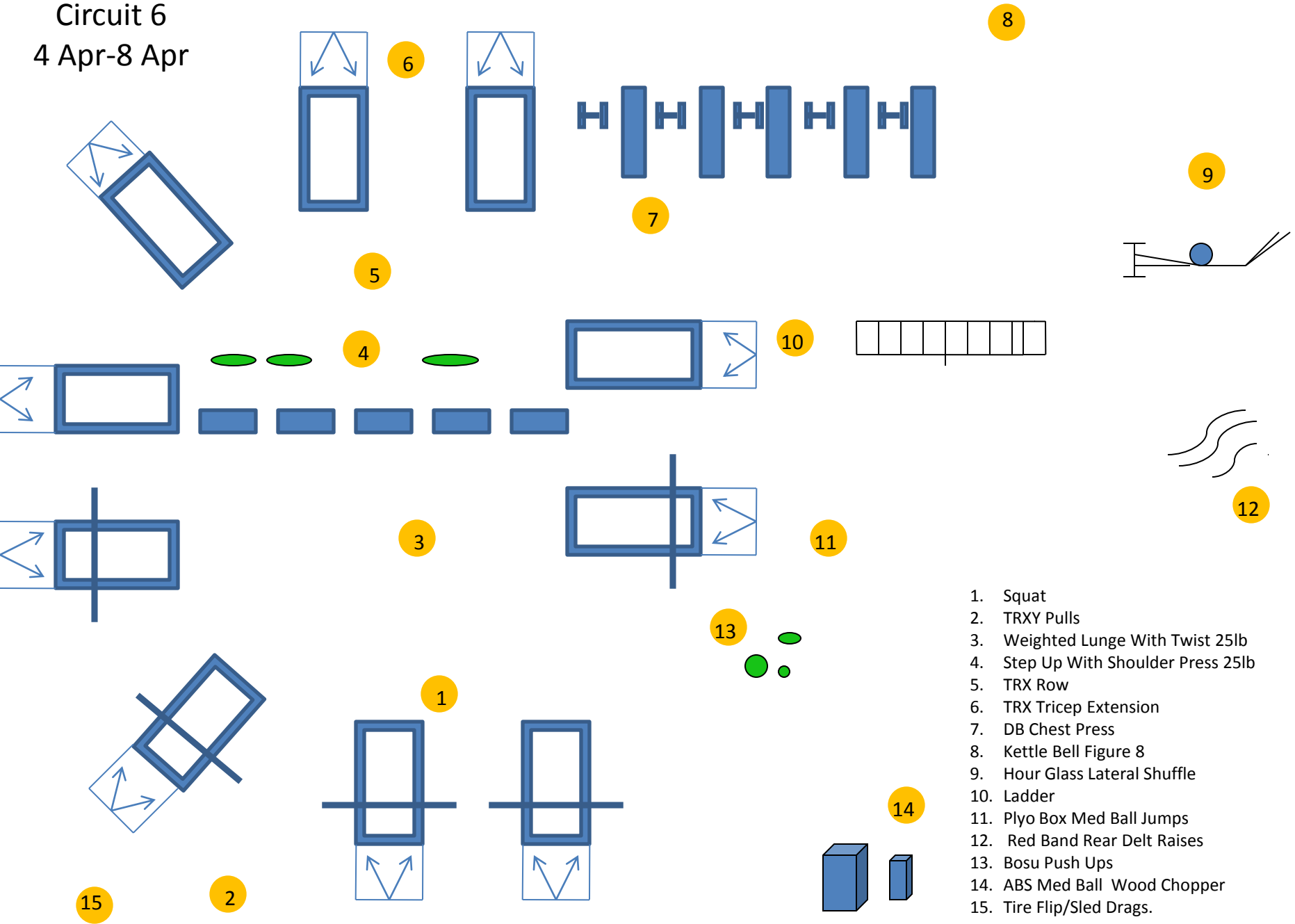


1. Sledge 2-hand Hits On Truck Tire (alt. arms)
2. Backward Sled Drag (30 yds)
3. Log Overhead Press (50 lbs)
4. Sand Bag Runs (10 yds)
5. BB Bench Press
6. Plate Step-up (alt. leg)
7. TRX Chest Press
8. Power Cleans
9. KB 1-arm Standing Military Press
10. TRX 1-leg Squats
11. DB Standing Lateral Raises
12. Jump Rope
13. Weight Plate Physio-ball Crunches
14. Med. Ball Russian Twists
15. DB Walking Lunges



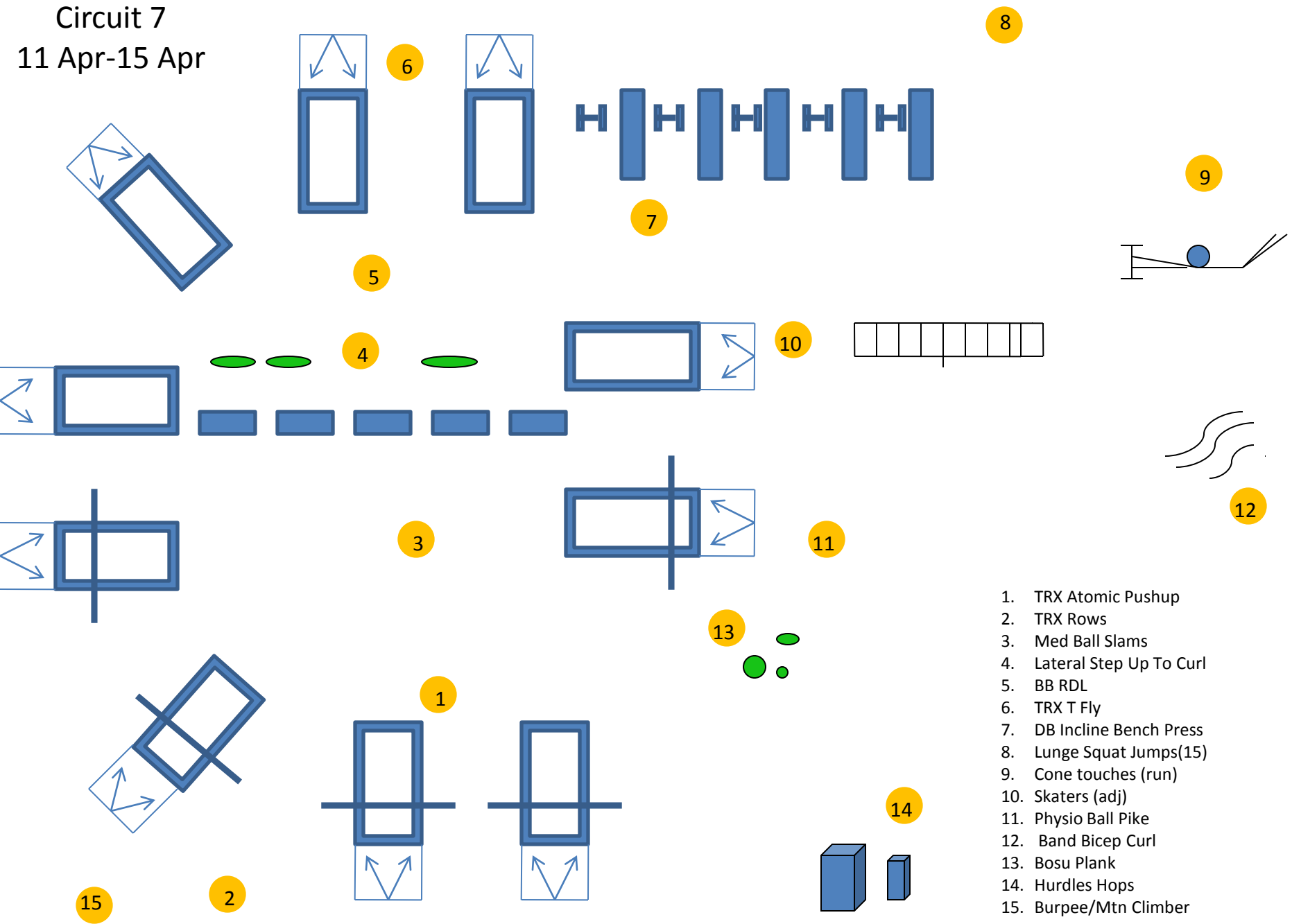
# Circuit 6

4 Apr-8 Apr



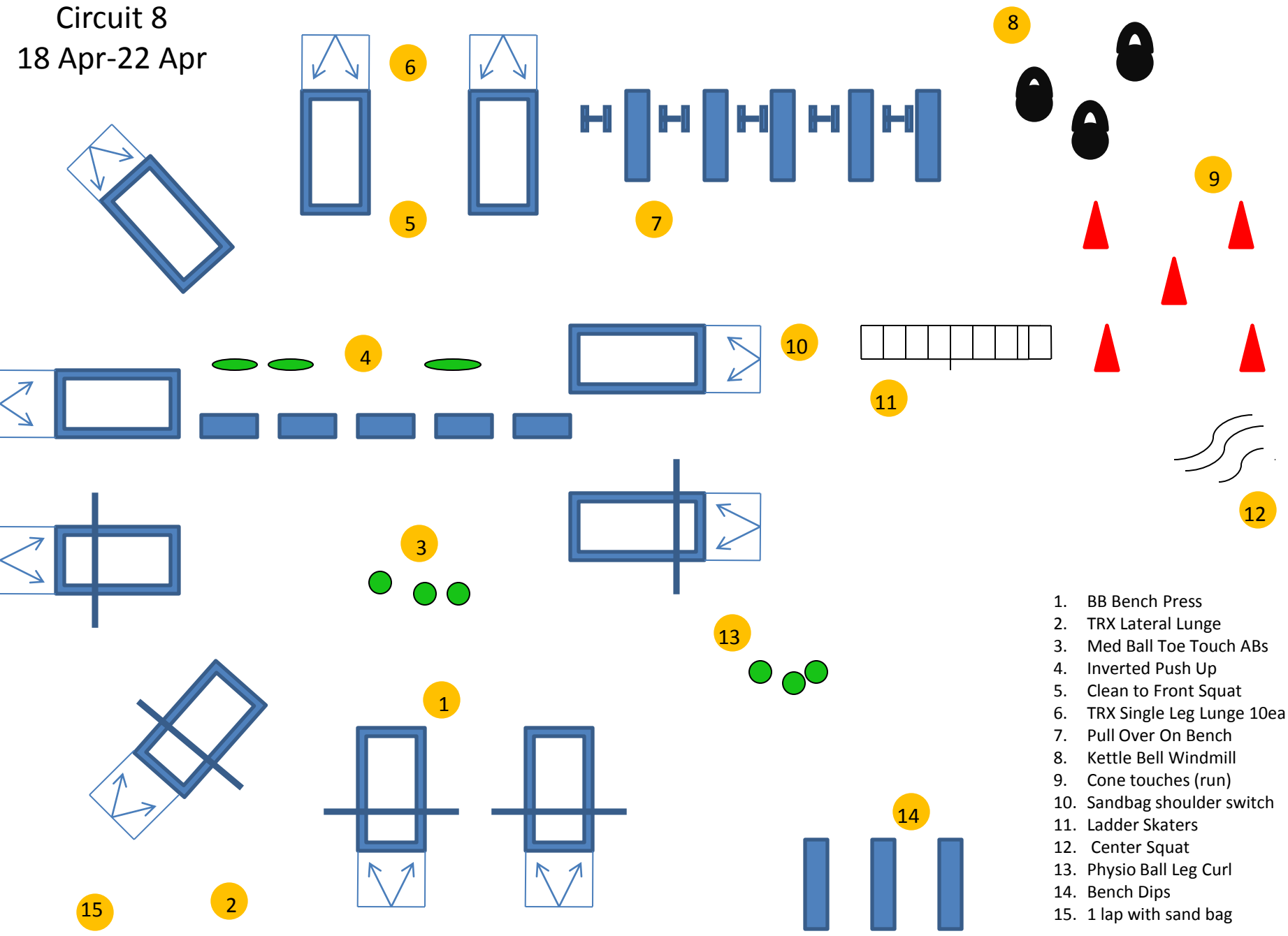
1. Squat
2. TRXY Pulls
3. Weighted Lunge With Twist 25lb
4. Step Up With Shoulder Press 25lb
5. TRX Row
6. TRX Tricep Extension
7. DB Chest Press
8. Kettle Bell Figure 8
9. Hour Glass Lateral Shuffle
10. Ladder
11. Plyo Box Med Ball Jumps
12. Red Band Rear Delt Raises
13. Bosu Push Ups
14. ABS Med Ball Wood Chopper
15. Tire Flip/Sled Drags.

Circuit 7  
11 Apr-15 Apr



1. TRX Atomic Pushup
2. TRX Rows
3. Med Ball Slams
4. Lateral Step Up To Curl
5. BB RDL
6. TRX T Fly
7. DB Incline Bench Press
8. Lunge Squat Jumps(15)
9. Cone touches (run)
10. Skaters (adj)
11. Physio Ball Pike
12. Band Bicep Curl
13. Bosu Plank
14. Hurdles Hops
15. Burpee/Mtn Climber

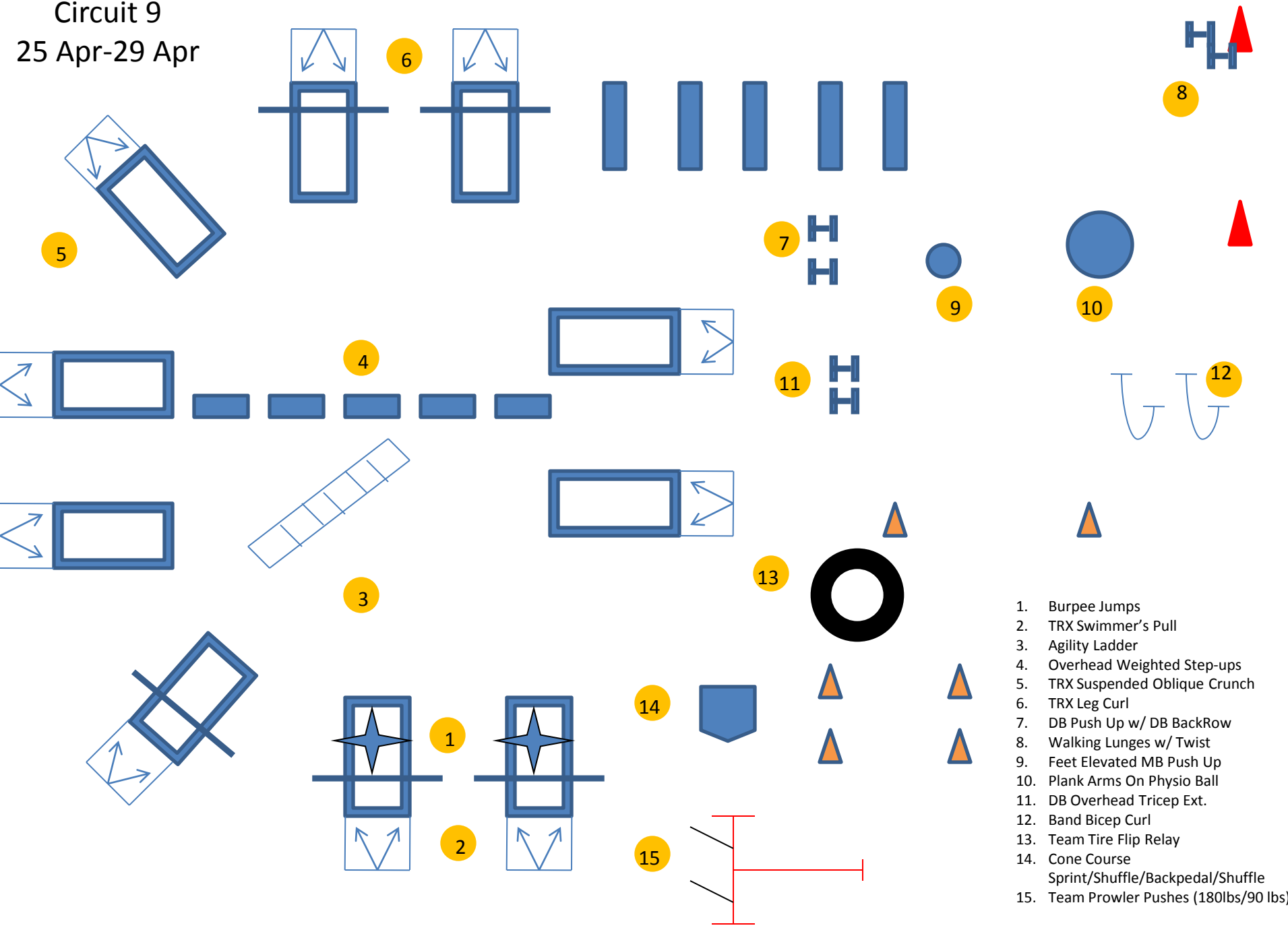
Circuit 8  
18 Apr-22 Apr



1. BB Bench Press
2. TRX Lateral Lunge
3. Med Ball Toe Touch ABS
4. Inverted Push Up
5. Clean to Front Squat
6. TRX Single Leg Lunge 10ea
7. Pull Over On Bench
8. Kettle Bell Windmill
9. Cone touches (run)
10. Sandbag shoulder switch
11. Ladder Skaters
12. Center Squat
13. Physio Ball Leg Curl
14. Bench Dips
15. 1 lap with sand bag

# Circuit 9

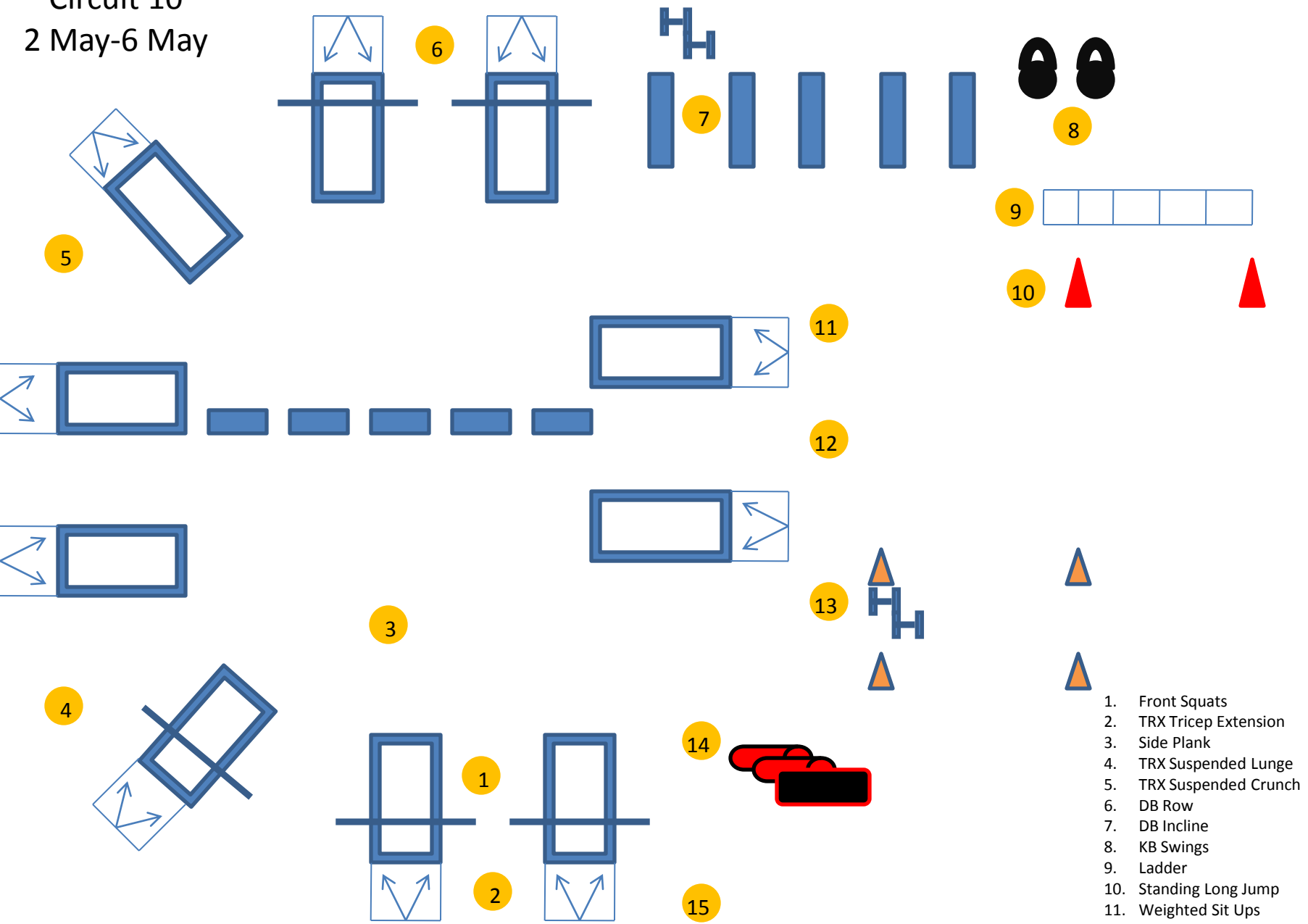
25 Apr-29 Apr



1. Burpee Jumps
2. TRX Swimmer's Pull
3. Agility Ladder
4. Overhead Weighted Step-ups
5. TRX Suspended Oblique Crunch
6. TRX Leg Curl
7. DB Push Up w/ DB Back Row
8. Walking Lunges w/ Twist
9. Feet Elevated MB Push Up
10. Plank Arms On Physio Ball
11. DB Overhead Tricep Ext.
12. Band Bicep Curl
13. Team Tire Flip Relay
14. Cone Course  
Sprint/Shuffle/Backpedal/Shuffle
15. Team Prowler Pushes (180lbs/90 lbs)

# Circuit 10

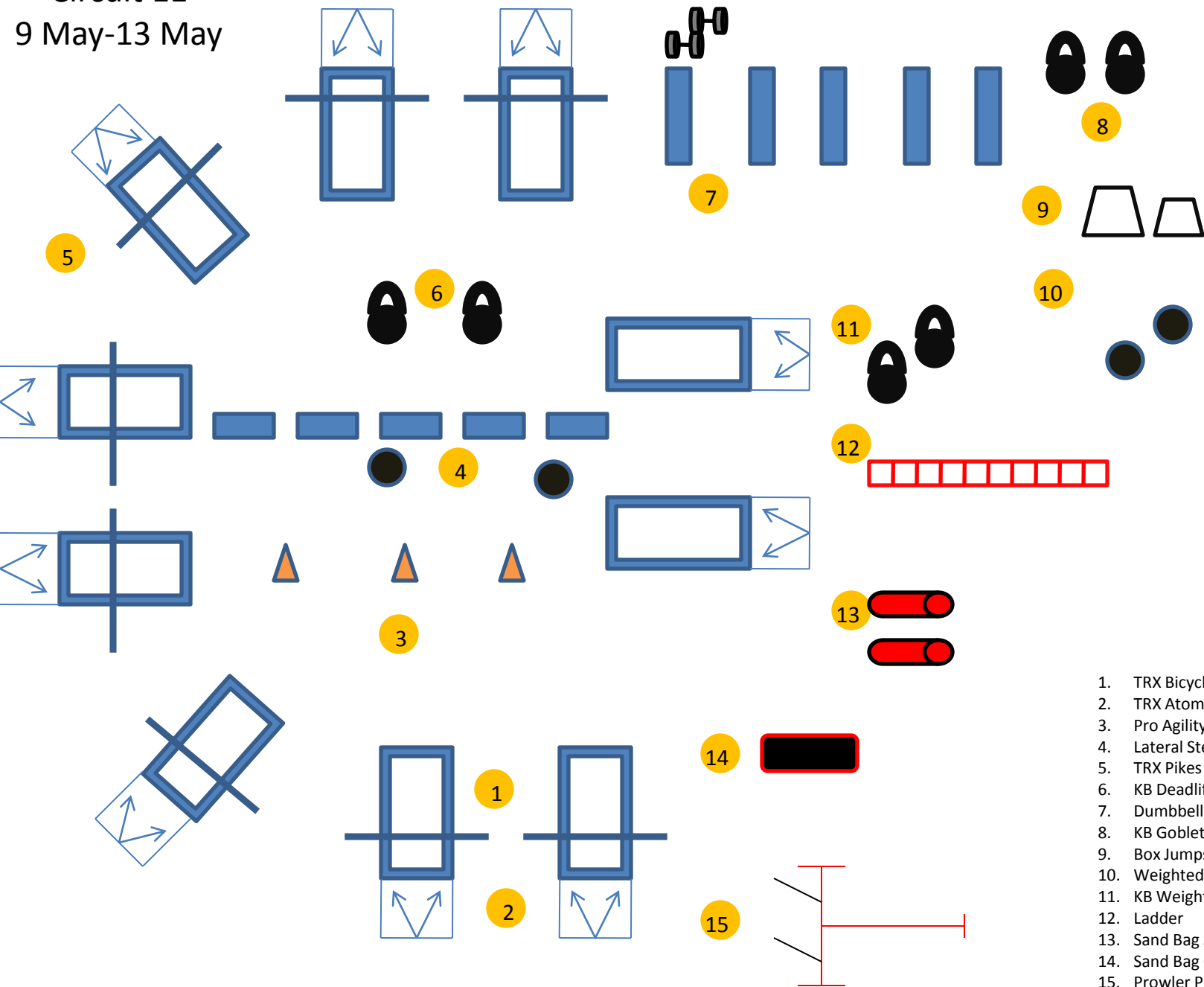
2 May-6 May



1. Front Squats
2. TRX Tricep Extension
3. Side Plank
4. TRX Suspended Lunge
5. TRX Suspended Crunch
6. DB Row
7. DB Incline
8. KB Swings
9. Ladder
10. Standing Long Jump
11. Weighted Sit Ups
12. TRX Press
13. Walking Lunges
14. Sand Bag Carry Sprint
15. Lame Dogs

# Circuit 11

9 May-13 May



1. TRX Atomic Push Up
2. TRX Atomic Push Up
3. Pro Agility Drill(cones)
4. Lateral Step Ups Weighted
5. TRX Pikes
6. KB Deadlift to Upright Row
7. Dumbbell Press
8. KB Goblet Squat
9. Box Jumps
10. Weighted Lateral Lunges
11. KB Weighted Crunches
12. Ladder
13. Sand Bag Squat To Overhead Press
14. Sand Bag Carry
15. Prowler Push

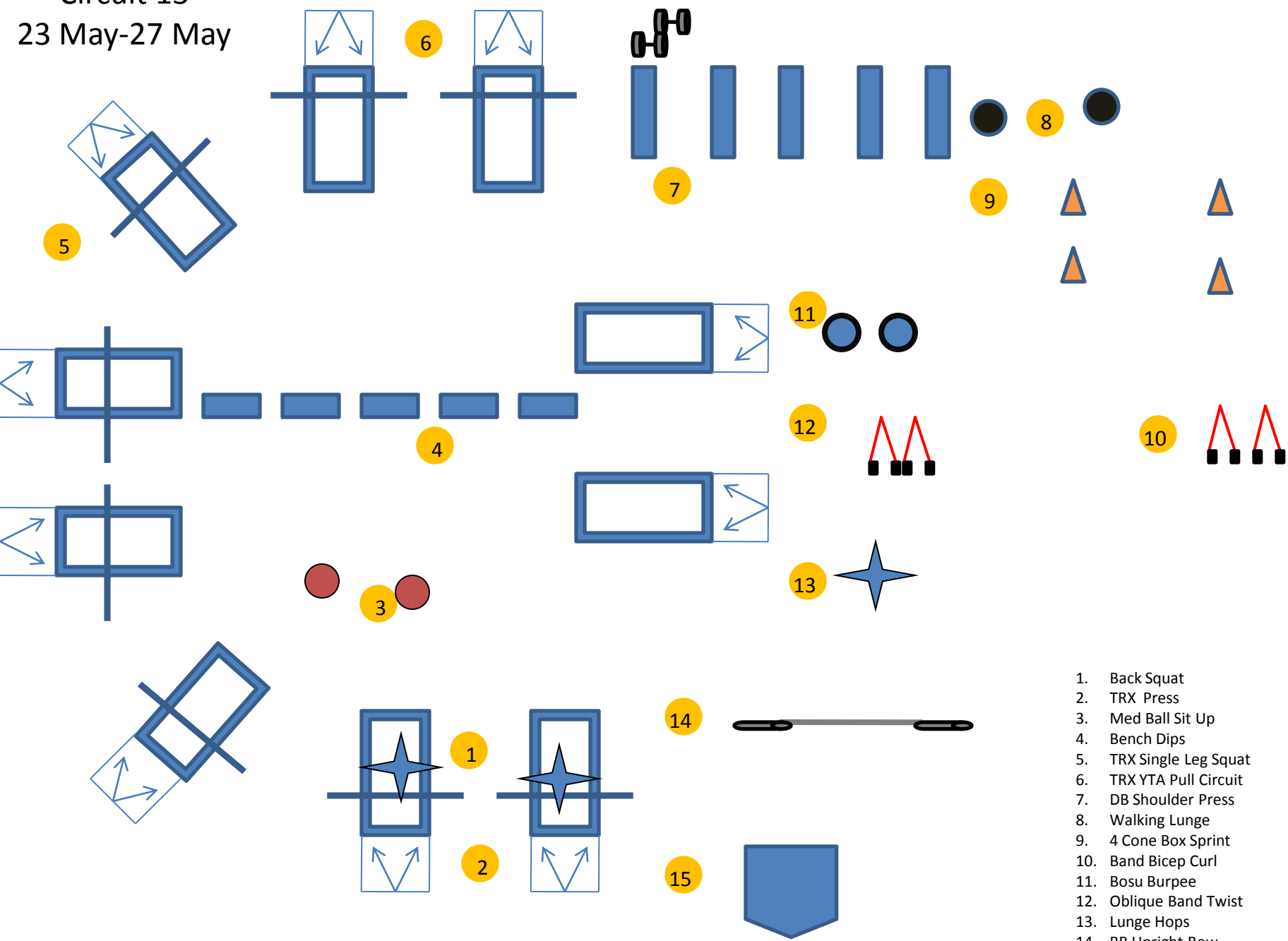
# Circuit 12

16 May-20 May

1. Back Squat
2. TRX Back Row
3. Med Ball Slams
4. Box Jump (quick)
5. TRX Suspended Oblique Crunch
6. TRX Sprinter's Start
7. DB Incline Bench Press
8. Kettle Bell Clean and Press
9. Standing Long Jump
10. Ladder
11. Alternating Arm Med Ball Push Up
12. Lateral Bosu Squat Jumps
13. Walking Lunge w/ Shoulder Press
14. Band Bicep Curl
15. Laps X2

# Circuit 13

23 May-27 May



1. Back Squat
2. TRX Press
3. Med Ball Sit Up
4. Bench Dips
5. TRX Single Leg Squat
6. TRX YTA Pull Circuit
7. DB Shoulder Press
8. Walking Lunge
9. 4 Cone Box Sprint
10. Band Bicep Curl
11. Bosu Burpee
12. Oblique Band Twist
13. Lunge Hops
14. BB Upright Row
15. Sled Drag