**Name: Date:**

**Atlantis Machine Circuit Training**

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| **Number** | **Station** | **# of Reps or Seconds** | **Description** | **Rank 0-5**  **Easy to Hard** |
| **1** | Bench Press |  | See diagram on Universal Machine |  |
| **2** | Leg Extension |  | See diagram on Universal Machine |  |
| **3** | Hamstring Curls |  | See diagram on Universal Machine |  |
| **4** | Tricep Extension |  | See diagram on Universal Machine |  |
| **5** | Lat Pulls |  | See diagram on Universal Machine |  |
| **6** | Leg Press |  | See diagram on Universal Machine |  |
| **7** | Abdominal Curls |  | See diagram on Universal Machine |  |
| **8** | Hand to Forearm Plank |  | Start in plank, alternate to forearms, back to hands. Repeat. |  |
| **9** | Bike |  | Ride to increase heart rate. |  |
| **10** | Hamstring Stretch |  | Same as our fitness testing but hold stretch. Good practice. |  |
| **11** | Bike |  | Ride to increase heart rate. |  |
| **12** | Plank Hold |  | Hold plank position for the minute. |  |
| **13** | Bike |  | Ride to increase heart rate. |  |
| **14** | Sit Ups |  | Same as our fitness testing. Good practice. |  |
| **15** | Medicine Ball Push Ups |  | One hand on small medicine ball, push up, switch ball to other hand. Repeat. |  |
| **16** | Bike |  | Ride to increase heart rate. |  |
| **17** | Upright Rows in Plank |  | Start in plank, weights in hands. Lift one weight at a time up to shoulder and switch. Repeat. |  |
| **18** | Treadmill |  | Run to increase heart rate. |  |
| **19** | Lunges |  | Step out, back knee almost to ground, front knee behind toes. |  |
| **20** | Elliptical |  | Ride to increase heart rate. |  |
| **21** | Shoulder Press |  | Alternate lifting weights all the way up and down. |  |
| **22** | Elliptical |  | Ride to increase heart rate. |  |
| **23** | Bicep Curls |  | Alternate lifting weights all the way up and down. |  |
| **24** | Elliptical |  | Ride to increase heart rate. |  |
| **25** | Inch Worm |  | Walk self out with arms, do push up, walk self back in. |  |