



Week 3 TNT - Jan. 24 - 30

Read this article: **The Benefits of Circuit Training**

https://www.sparkpeople.com/resource/fitness_articles.asp?id=267 5 points for reading.

It is important to do a [warm up](#) at the start of the session and a [cool down](#) at the end of the session.

For this throwdown we will perform a set number of reps with a 30 second rest between exercises and a 60 second rest between circuits. If you need to rest longer please do so.

30 Jumping Jacks: (Or other cardio)... rest 30 seconds

15 Push-ups: (Or do any type of modified push-up) ... rest 30 seconds

15 Sit-Ups: (Or Crunches, Russian twists, 30 second minute plank, something core) ... rest 30 seconds

30 Knee Lifts: (Bring hands from overhead to alternating knees) ... rest 30 seconds

15 Squats: (Or modified squats, stationary lunges) ... rest 30 seconds

15 Bridges: (Or lying hamstring curls) ... rest 30 seconds

15 Bent over Dumbbell Rows: (Or seated rows or reverse flys)

REST : 1 minute Give yourself 10 points each time you complete one full set.

REPEAT 2Xs or more No limit.

OR - Give yourself 10 points for completing this video workout.

Bonus:

Total Body in 10 - Full Length 10-Minute Total Body Workout

[Great Beginner Circuit Training](#)

And/Or Give yourself 15 points for completing this video workout.

Advanced Bonus:

Bodyweight Exercise - You Are Your Own Gym Novice 12 minutes

<http://www.youtube.com/watch?v=wF5-uMJD8uw>

OR - make your own Circuit Workout Give yourself 10 points for every 10 minutes of exercise.

Full Body Shape-Up

Start with a round of cardio and then complete another round of it in between each circuit!

CIRCUIT 1

- 30 squats
- 30 lunges
- 30 deadlifts
- 30 kettlebell swings
- 30 weighted bridges

CIRCUIT 2

- 20 squats
- 20 lunges
- 20 deadlifts
- 20 kettlebell swings
- 20 weighted bridges

CIRCUIT 3

- 20 bicep curls
- 20 tricep kickbacks
- 20 overhead extensions
- 20 hammer curls

CIRCUIT 4

- 10 bicep curls
- 10 tricep kickbacks
- 10 overhead extensions
- 10 hammer curls

CARDIO

- 30 jumping jacks
- 20 mountain climbers
- 10 burpees

CIRCUIT 5

- 20 pushups
- 20 chest flies
- 20 dumbbell plank rows

CIRCUIT 6

- 10 pushups
- 10 chest flies
- 10 dumbbell plank rows

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Points are unlimited for the TNT challenge.