



## Weight-Lifting for Woman Circuit

**Do Each Exercise for 50 Seconds. Rest for 10 Before Moving to the Next Exercise**  
Each circuit is 10 minutes. Do 1 to 3 Rounds.

Exercise	Suggested Weight	Reps You Did	Weight Used
1. Goblet Squat	8 to 15 lbs		
2. Back Fly	5 to 10 lbs		
3. Curtsy Lunge *Alternating Sides	5 to 15 lbs		
4. Chest Fly with Leg Extension	5 to 15 lbs		
5. Squat Thrust (or Burpee)			
6. Hammer Curls	8 to 15 lbs		
7. Split Squat *Switch legs ½ way. Option to elevate back foot to increase intensity.			
8. Tricep Kickbacks	5 to 12 lbs		
9. Get Outside (Mountain Climber 10 to Swimmer 10)	N/A		
10. Lat Raise to Front Raise	5 to 8 lbs		

Now Stretch it Out!