



BOOTHBAY REGION YMCA CYBEX CIRCUIT TRAINING PROGRESS CHART

Virtual Training Program

Name: _____

Date: _____

Always warm up for a minimum of 10 minutes before training!

Exercises:	Alternate	Date:																	
1. Leg Press	Squat, Lunge	Weight																	
		Reps																	
2. Leg Extension	Seated	Weight																	
		Reps																	
3. Leg Curl (seated)	Standing, Sliders	Weight																	
		Reps																	
4. Triceps Press	Dips, Dumbbells, Pushups	Weight																	
		Reps																	
5. Arm Curl	Dumbbells	Weight																	
		Reps																	
6. Pull Down	Pullover, Bands	Weight																	
		Reps																	
7. Overhead Press	Dumbbells	Weight																	
		Reps																	
8a. Fly (Pecs)	Dumbbells	Weight																	
		Reps																	
8b. Rear Delt	Dumbbells	Weight																	
		Reps																	
9. Back Extension	Bird dog, Hip Extension, Bridge	Weight																	
		Reps																	
10. Abdominal	Plank or Modified Plank, Bicycle Crunch, Russian Twist, Abs on Ball	Weight																	
		Reps																	
11. Chest Press	Dumbbells	Weight																	
		Reps																	
12. Dip/Chin Assist	See Triceps/Biceps	Weight																	
		Reps																	