



# VENUS INDEX **CIRCUITS**

**Workout Manual**

**BY JOHN BARBAN**

# The Venus Index Circuits

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*The information in this book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure to that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your doctor. As with all exercise and dietary programs, you should get your doctor's approval before beginning.*



# The Venus Index Circuits Workout

## Programs

There are six programs you can follow with the Venus Index Circuits. Each Program is outlined for 4-month. The program charts outline which module to use each day of each week for the duration of the 4 months.

Programs 1-3 are three days per week and programs 4-6 are outlines for four days per week. Following each program will produce distinctly different feelings and flow. You can mix and match modules from each level into any program as they are designed in balance. You can change from one program to another at the end of any given month, or simply follow through the entire four months as outlined in which ever program you choose.

## Modules

A module is simply the list of exercise you will do for a given day. Each module contains 4 'mini circuits', and each 'mini circuit' contains 3 exercise you will perform back-to-back-to-back in a non-stop superset style fashion.

There are 3 levels of modules and 4 modules within each level, level 1 being the 'easiest' and Level 3 being the most difficult.



I recommend starting your first program with the modules from Level 1. As your strength and conditioning improves you can mix and match modules from all 3 levels into any program if you feel like you're ready to push harder.

In other words, there are 12 distinct modules or 'days' to this workout, but there is a limitless variety of ways to mix and match them together using the different program set ups.

Each module from each level is perfectly compatible with any module from any other level as they're all based on a balanced approach of 1/3 upper body, 1/3 lower body and 1/3 whole body exercises. Each module has a different flow of exercise and they increase in complexity and difficulty from the first level to the third level.

## Mini Circuits

Within each module (day) there are four 'mini circuits'. Each mini circuit is a combination of 3 different exercises that you will perform back-to-back-to-back as a triple superset, then rest for 60 seconds. After you rest, complete another round of the triple superset (mini circuit). Each mini circuit is meant to be done four times with 60 seconds rest between each 'round' and then you move on to the next 'mini circuit' for 4 more sets. Continue this pattern for each of the 4 mini circuits to complete 1 module.



## Levels

The modules are divided into three “Levels”. There are four modules in each level.

Level 1 is the ‘easiest’ and level 3 is the most challenging. The complexity and difficulty level of the exercises in the modules is what makes level 2 and level 3 modules more challenging than level 1. The rep ranges also progress to higher difficulty levels through each level. You will notice that the new advanced exercise appear in the second half of level 2 modules and all throughout level 3 modules.

## Exercises

This manual refers to exercise that are found in both the main Venus Index Exercise Gallery and the Venus Index Circuits Advanced Exercise Gallery. There are many exercises in this workout that are found in the main Venus Index exercise gallery that you have not yet encountered in the original Venus Index program.

The Venus Index Circuits Advanced Exercise Gallery contains 19 new exercises that are found in the Level two modules #3 and #4, and in all four of the Level three Modules.

These modules contain a mix of exercise from the main exercise gallery (that you already have with the original program) as well as the advanced exercise gallery (that came with this program).

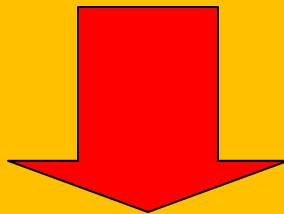


The exercises that are found in the Venus Index Circuits Advanced Exercise Gallery are indicated with an asterisk (\*), all other exercise can be found in the main exercise gallery manual.

**!!!---IMPORTANT---!!!**

**Watch this video before you read the rest  
of this document:**

**CLICK HERE:**



**[How to read the Venus Index Circuits  
Program](#)**

# Program 1: 3 Days/Week

## (Daily Cycle)

Month 1			
Week	Day 1	Day 2	Day 3
1	Module 1	Module 2	Module 3
2	Module 1	Module 2	Module 3
3	Module 1	Module 2	Module 3
4	Module 1	Module 2	Module 3

Month 2			
Week	Day 1	Day 2	Day 3
1	Module 4	Module 3	Module 2
2	Module 4	Module 3	Module 2
3	Module 4	Module 3	Module 2
4	Module 4	Module 3	Module 2

Month 3			
Week	Day 1	Day 2	Day 3
1	Module 3	Module 4	Module 1
2	Module 3	Module 4	Module 1
3	Module 3	Module 4	Module 1
4	Module 3	Module 4	Module 1

Month 4			
Week	Day 1	Day 2	Day 3
1	Module 2	Module 1	Module 4
2	Module 2	Module 1	Module 4
3	Module 2	Module 1	Module 4
4	Module 2	Module 1	Module 4





## Program 2: 3 Days/Week

### (Weekly Cycle)

Month 1			
Week	Day 1	Day 2	Day 3
1	Module 1	Module 1	Module 1
2	Module 2	Module 2	Module 2
3	Module 3	Module 3	Module 3
4	Module 4	Module 4	Module 4

Month 2			
Week	Day 1	Day 2	Day 3
1	Module 2	Module 2	Module 2
2	Module 3	Module 3	Module 3
3	Module 4	Module 4	Module 4
4	Module 1	Module 1	Module 1

Month 3			
Week	Day 1	Day 2	Day 3
1	Module 3	Module 3	Module 3
2	Module 4	Module 4	Module 4
3	Module 1	Module 1	Module 1
4	Module 2	Module 2	Module 2

Month 4			
Week	Day 1	Day 2	Day 3
1	Module 4	Module 4	Module 4
2	Module 1	Module 1	Module 1
3	Module 2	Module 2	Module 2
4	Module 3	Module 3	Module 3



## Program 3: 3 Days/Week

### (Monthly Cycle, combination of 1&2)

Month 1			
Week	Day 1	Day 2	Day 3
1	Module 1	Module 1	Module 1
2	Module 2	Module 2	Module 2
3	Module 3	Module 3	Module 3
4	Module 4	Module 4	Module 4

Month 2			
Week	Day 1	Day 2	Day 3
1	Module 1	Module 2	Module 3
2	Module 1	Module 2	Module 3
3	Module 1	Module 2	Module 3
4	Module 1	Module 2	Module 3

Month 3			
Week	Day 1	Day 2	Day 3
1	Module 1	Module 1	Module 1
2	Module 2	Module 2	Module 2
3	Module 3	Module 3	Module 3
4	Module 4	Module 4	Module 4

Month 4			
Week	Day 1	Day 2	Day 3
1	Module 1	Module 2	Module 3
2	Module 1	Module 2	Module 3
3	Module 1	Module 2	Module 3
4	Module 1	Module 2	Module 3



## Program 4: 4 Days/Week

### (Daily Cycle)

Month 1				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 2	Module 2	Module 3	Module 4
2	Module 2	Module 2	Module 3	Module 4
3	Module 2	Module 2	Module 3	Module 4
4	Module 2	Module 2	Module 3	Module 4

Month 2				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 4	Module 3	Module 2	Module 1
2	Module 4	Module 3	Module 2	Module 1
3	Module 4	Module 3	Module 2	Module 1
4	Module 4	Module 3	Module 2	Module 1

Month 3				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 3	Module 4	Module 1	Module 2
2	Module 3	Module 4	Module 1	Module 2
3	Module 3	Module 4	Module 1	Module 2
4	Module 3	Module 4	Module 1	Module 2

Month 4				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 2	Module 1	Module 4	Module 3
2	Module 2	Module 1	Module 4	Module 3
3	Module 2	Module 1	Module 4	Module 3
4	Module 2	Module 1	Module 4	Module 3



# Program 5: 4 Days/Week

## (Weekly Cycle)

Month 1				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 1	Module 1	Module 1	Module 1
2	Module 2	Module 2	Module 2	Module 2
3	Module 3	Module 3	Module 3	Module 3
4	Module 4	Module 4	Module 4	Module 4

Month 2				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 2	Module 2	Module 2	Module 2
2	Module 3	Module 3	Module 3	Module 3
3	Module 4	Module 4	Module 4	Module 4
4	Module 1	Module 1	Module 1	Module 1

Month 3				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 3	Module 3	Module 3	Module 3
2	Module 4	Module 4	Module 4	Module 4
3	Module 1	Module 1	Module 1	Module 1
4	Module 2	Module 2	Module 2	Module 2

Month 4				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 4	Module 4	Module 4	Module 4
2	Module 1	Module 1	Module 1	Module 1
3	Module 2	Module 2	Module 2	Module 2
4	Module 3	Module 3	Module 3	Module 3



## Program 6: 4 Days/Week

### (Monthly Cycle, combination of 1&2)

Month 1				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 1	Module 1	Module 1	Module 1
2	Module 2	Module 2	Module 2	Module 2
3	Module 3	Module 3	Module 3	Module 3
4	Module 4	Module 4	Module 4	Module 4

Month 2				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 1	Module 2	Module 3	Module 4
2	Module 1	Module 2	Module 3	Module 4
3	Module 1	Module 2	Module 3	Module 4
4	Module 1	Module 2	Module 3	Module 4

Month 3				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 1	Module 1	Module 1	Module 1
2	Module 2	Module 2	Module 2	Module 2
3	Module 3	Module 3	Module 3	Module 3
4	Module 4	Module 4	Module 4	Module 4

Month 4				
Week	Day 1	Day 2	Day 3	Day 4
1	Module 1	Module 2	Module 3	Module 4
2	Module 1	Module 2	Module 3	Module 4
3	Module 1	Module 2	Module 3	Module 4
4	Module 1	Module 2	Module 3	Module 4



# The Venus Index Circuits

## Level 1 Module #1

Mini Circuit 1	
Exercise	Reps
<a href="#">Push ups</a>	10
<a href="#">Bowler Squat</a>	15
<a href="#">Upright Row</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Mini Circuit 2	
Exercise	Reps
<a href="#">Dumbbell shoulder press</a>	10
<a href="#">Reverse Lunge</a>	10
<a href="#">Plank</a>	30 second hold
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Mini Circuit 3	
Exercise	Reps
<a href="#">One Arm Row</a>	10
<a href="#">T-Bend</a>	10
<a href="#">Stability Ball Roll Out</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Mini Circuit 4	
Exercise	Reps
<a href="#">Lateral Raises</a>	10
<a href="#">Bowler Squat</a>	12
<a href="#">Stability Ball Curl Up</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



# Level 1 Module #2

Mini Circuit 1	
Exercise	Reps
<a href="#">Push ups</a>	10
<a href="#">Bulgarian Split Squat</a>	20
<a href="#">Curl &amp; Press</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Circuit 2	
Exercise	Reps
<a href="#">Double Raise</a>	10
<a href="#">Curtsy Lunge</a>	10
<a href="#">Alternate Dumbbell Press</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Circuit 3	
Exercise	Reps
<a href="#">Bent Dumbbell Row</a>	10
<a href="#">Squat &amp; Swing</a>	12
<a href="#">Plank</a>	30 second hold
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Circuit 4	
Exercise	Reps
<a href="#">Step up &amp; Press</a>	10
<a href="#">Upright Row</a>	10
<a href="#">Stiff Leg Deadlift</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



# Level 1 Module #3

Mini Circuit 1	
Exercise	Reps
<a href="#">Reverse Lunge &amp; Press</a>	10
<a href="#">Bent Dumbbell Row</a>	10
<a href="#">Alternate Dumbbell Press</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Mini Circuit 2	
Exercise	Reps
<a href="#">Push Up</a>	10
<a href="#">T-Bend</a>	10
<a href="#">Upright Row</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Mini Circuit 3	
Exercise	Reps
<a href="#">One-Arm Dumbbell Row</a>	10
<a href="#">Stiff Leg Deadlift</a>	10
<a href="#">Plank</a>	30 second hold
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Mini Circuit 4	
Exercise	Reps
<a href="#">Double Lunge</a>	12
<a href="#">Pullover &amp; Tricep Extension</a>	10
<a href="#">Stability Ball Roll Out</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	





# Level 1 Module #4

Mini Circuit 1	
Exercise	Reps
<a href="#">One-Leg "Get Ups"</a>	10
<a href="#">Alternate Standing Shoulder Press</a>	10
<a href="#">Stability Ball Roll Out</a>	20
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Mini Circuit 2	
Exercise	Reps
<a href="#">Deadlift</a>	10
<a href="#">Plank</a>	45 second hold
<a href="#">Bulgarian Split Squat &amp; Press</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Mini Circuit 3	
Exercise	Reps
<a href="#">Double Raise</a>	12
<a href="#">Lunge &amp; Curl</a>	10
<a href="#">Dumbbell Row &amp; Kickback</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4.</b>	

Mini Circuit 4	
Exercise	Reps
<a href="#">Bowler Squat</a>	20
<a href="#">Deadlift &amp; Row</a>	12
<a href="#">Dips</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



## Level 2 Module #1

Mini Circuit 1	
Exercise	Reps
<a href="#">Shoulder Press and French Press</a>	12
<a href="#">Squat and Swing</a>	12
<a href="#">Side Plank</a>	30 seconds per side
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Mini Circuit 2	
Exercise	Reps
<a href="#">Pushup and Lateral Raise</a>	10
<a href="#">Stiff Leg Deadlift</a>	12
<a href="#">One Arm Dumbbell Row (Narrow-Wide)</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Mini Circuit 3	
Exercise	Reps
<a href="#">Step Up and Press</a>	12
<a href="#">Upright Dumbbell Row</a>	15
<a href="#">T-Bend</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4.</b>	

Mini Circuit 4	
Exercise	Reps
<a href="#">Dumbbell Squat</a>	15
<a href="#">Double Raise</a>	10
<a href="#">Lunge and Curl</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



## Level 2 Module #2

Level 2 Module 2 - Mini Circuit 1	
Exercise	Reps
<a href="#">Barbell Rollout</a>	12
<a href="#">Bent Barbell Row</a>	15
<a href="#">Shoulder Press and French Press</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Level 2 Module 2 - Mini Circuit 2	
Exercise	Reps
<a href="#">Bulgarian Split Squat</a>	15
<a href="#">Dumbbell Row and Kickback</a>	15
<a href="#">Squat and Lateral Raise</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Level 2 Module 2 - Mini Circuit 3	
Exercise	Reps
<a href="#">Pushups</a>	12
<a href="#">Deadlift and Row</a>	15
<a href="#">Dumbbell Squat</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Core Mini Circuit</b>	

Level 2 Module 2 - Mini Circuit 4	
Exercise	Reps
<a href="#">Tricep Extension and Press</a>	12
<a href="#">Plank</a>	45 second hold
<a href="#">One Leg Get-Up</a>	10 (per leg)
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



## Level 2 Module #3

Level 2 Module 3 - Mini Circuit 1	
Exercise	Reps
<a href="#">Curtsy Lunge and Snatch</a>	10
<a href="#">Pushups</a>	12
<a href="#">Bowler Squat</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Level 2 Module 3 - Mini Circuit 2	
Exercise	Reps
<a href="#">Double Press*</a>	10
<a href="#">Deadlift and Row</a>	15
<a href="#">Reverse Lunge and Press</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Level 2 Module 3 - Mini Circuit 3	
Exercise	Reps
<a href="#">Dumbbell Squats</a>	15
<a href="#">Venus Raises*</a>	10
<a href="#">Plank</a>	45 second hold
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Level 2 Module 3 - Mini Circuit 4	
Exercise	Reps
<a href="#">T-Bend and Row*</a>	8
<a href="#">Reverse Lunge and Step Up</a>	10
<a href="#">Curl and Press</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



## Level 2 Module #4

Level 2 Module 4 - Mini Circuit 1	
Exercise	Reps
<a href="#">T-Bend and Front Raise*</a>	8
<a href="#">One Arm Dumbbell Row (Narrow-Wide)</a>	15
<a href="#">Bulgarian Split Squats</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Level 2 Module 4 - Mini Circuit 2	
Exercise	Reps
<a href="#">Deadlift</a>	12
<a href="#">Shoulder Press and French Press</a>	12
<a href="#">Curtsy Lunge and Curl*</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Level 2 Module 4 - Mini Circuit 3	
Exercise	Reps
<a href="#">Pushups</a>	15
<a href="#">Dumbbell Squat</a>	10
<a href="#">Stability Ball Rollout</a>	20
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4.</b>	

Level 2 Module 4 - Mini Circuit 4	
Exercise	Reps
<a href="#">Step-Up and Press</a>	12
<a href="#">Dumbbell Row and Kickback</a>	15
<a href="#">Triple Curl*</a>	5
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



# Level 3 Module #1

Level 3 Module 1 - Mini Circuit 1	
Exercise	Reps
<a href="#">Mountain Climbers</a> *	10
<a href="#">Crossover Step-Up</a> *	12
<a href="#">Venus Raise</a> *	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Level 3 Module 1 - Mini Circuit 2	
Exercise	Reps
<a href="#">Squat and Front Raise</a> *	12
<a href="#">Double Press</a> *	12
<a href="#">Bulgarian Split Squat</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Level 3 Module 1 - Mini Circuit 3	
Exercise	Reps
<a href="#">T-Bend and Lateral Raise</a> *	12
<a href="#">One-Arm Dumbbell Row (Narrow-Wide)</a>	10
<a href="#">Bird-Dog Plank</a>	10 (per side)
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Level 3 Module 1 - Mini Circuit 4	
Exercise	Reps
<a href="#">Pushup and Leg Raise</a> *	6 (per leg)
<a href="#">Pike and Front Raise</a> *	10
<a href="#">Squat and Press</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



## Level 3 Module #2

Level 3 Module 2 - Mini circuit 1	
Exercise	Reps
<a href="#">Pushup, Point, and Pike*</a>	6 (per side)
<a href="#">Curtsy Lunge and Snatch</a>	10
<a href="#">Squat and Front Raise*</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 2</b>	

Level 3 Module 2 - Mini Circuit 2	
Exercise	Reps
<a href="#">Stability Ball Curl-Up and Pushup*</a>	10
<a href="#">Shoulder Press and French Press</a>	12
<a href="#">Crossover Step-Up*</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 3</b>	

Level 3 Module 2 - Mini Circuit 3	
Exercise	Reps
<a href="#">Bent Row, Front Raise, French Press*</a>	10
<a href="#">Reverse Lunge and Twist</a>	12
<a href="#">Barbell Rollout</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Level 3 Module 2 - Mini Circuit 4	
Exercise	Reps
<a href="#">Step Up and Alternate Press</a>	12
<a href="#">Deadlift</a>	15
<a href="#">Triple Curl*</a>	5
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	



## Level 3 Module #3

Mini Circuit 1	
Exercise	Reps
<a href="#">Reverse Lunge, Step Up, and Press</a>	12
<a href="#">T-Bend and Row*</a>	10
<a href="#">Barbell Rollout</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin mini circuit 2</b>	

Mini Circuit 2	
Exercise	Reps
<a href="#">Point and Pike*</a>	6 (per side)
<a href="#">Squat and Swing</a>	15
<a href="#">Reverse Lunge and Lateral Raise (Bottom)*</a>	10
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin mini circuit 3</b>	

Mini Circuit 3	
Exercise	Reps
<a href="#">Pushup and Leg Raise*</a>	6 (per leg)
<a href="#">Curtsy Lunge and Alternate Press</a>	12
<a href="#">Dumbbell Squats</a>	15
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Mini Circuit 4	
Exercise	Reps
<a href="#">T-Bend, Curl, and Press*</a>	8
<a href="#">Double Lunge (Curtsy-Reverse)</a>	15
<a href="#">Venus Raises*</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	





# Level 3 Module #4

Level 3 Module 4 - Mini Circuit 1	
Exercise	Reps
<a href="#">Pushup, Point, and Pike*</a>	6
<a href="#">Curtsy Lunge and Snatch</a>	12
<a href="#">Plank</a>	45 second hold
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin mini circuit 2</b>	

Level 3 Module 4 - Mini Circuit 2	
Exercise	Reps
<a href="#">Bent Row, Front Raise, French Press*</a>	12
<a href="#">Crossover Step-Up*</a>	15
<a href="#">Double Press*</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin mini circuit 3</b>	

Level 3 Module 4 - Mini Circuit 3	
Exercise	Reps
<a href="#">Bowler Squat</a>	20
<a href="#">One-Arm Dumbbell Row (Narrow-Wide)</a>	15
<a href="#">Curtsy Lunge and Curl*</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit. Rest 2 minutes then begin Mini Circuit 4</b>	

Level 3 Module 4 - Mini Circuit 4	
Exercise	Reps
<a href="#">Mountain Climbers*</a>	12
<a href="#">Bulgarian Split Squat</a>	15
<a href="#">Venus Raise*</a>	12
Rest 60 seconds	
<b>Complete 4 sets of this circuit.</b>	

