Perform 1 set of a circuit, rest for 60s, then do the same circuit for the 2nd set. Repeat pattern for all circuits. Find weights which will make these exercises challenging. Have FUN with it!!!

Questions or Comments? Please e-mail fitness@oswego.edu
Sample Diagrams

**Renegade Row**

**Rotating Bicep Curl**

**Reverse Flys**

**Heel Click Jump Squat**

**Resistance Band Leg Abductions**

**Med Ball Crunch and Twist**

**Step Up High Knee and Twist**

**Toes to Heaven Leg Lifts**