

Even when you're in a time crunch, it's important to fit in a workout to keep yourself healthy and feeling good. The Precor 30-Minute Circuit Training Workout will work your entire body and help you maximize your calorie burn in minimal time. To complete this workout, you'll need about 30 minutes and any Precor Strength Training System.

Number of Sets/Repetitions: (12-15 Reps) (2 Sets at 40-60% of 1 rep max)

	Muscles Trained	Exercise	Record Your Weight	
Legs		 Leg Extension	Set 1:	Set 2:
Legs		 Seated or Prone Leg Curl	Set 1:	Set 2:
Chest		 Chest Press	Set 1:	Set 2:
Back		 Diverging Low Row	Set 1:	Set 2:
Arms		 Bicep Curl	Set 1:	Set 2:

	Muscles Trained	Exercise	Record Your Weight	
Arms		 Tricep Extension	Set 1:	Set 2:
Abs		 Abdominal Crunch	Set 1:	Set 2:
Lower Back		 Back Extension	Set 1:	Set 2: