

I
LEGS

BODY WEIGHT



6 PERCENT

F I T N E S S



BEFORE YOU START

1. Go through each exercise to complete 1 full set!
2. Focus on proper form
3. Focus on FULL muscle contraction
4. If circuits are not done to exhaustion -> INCREASE the amount of reps
5. If unable to finish an entire circuit -> DECREASE the amount of reps



6 PERCENT
F I T N E S S



6 PERCENT
FITNESS

AB GENERATOR

<https://ab-generator-1.web.app/home>

CIRCUIT 1

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5
Exercise	Squats	Squat Jumps	Wall Squats	Split Squats	Back Bridges
Reps	30 sec. AMAP	15	10	20 sec. AMAP	15
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises				

*AMAP = As Many as Possible in 30/20 seconds.

CIRCUIT 2

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Pistol Squats (Assisted if needed)	Archer Squats	One Leg Glute-Ham Raises	Jumping Lunges or Normal Lunges	Deep Squats	Single Leg Elevated Calf Raises
Reps	10	10 each leg	10 each leg	10 each	10	10 each
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					

CIRCUIT 3

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	FINISHER
Exercise	Tempo Split Squats (take 3 seconds to get to the bottom)	Pistol Squats (Assisted if needed)	Heel Elevated Squats	Tempo Calf Raises (raise for 2 seconds, hold for 1 second)	Squats & Jumping Lunges Complete after 3-4 sets of exercises 1-4
Reps	10 each leg	10 each leg	10 each leg	10 each	21 → 15 → 9
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises				3 Sets of 21-15-9 for both 90 sec. rest between sets

CIRCUIT 4

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Speed Air Squats	Back Bridges	Step Ups	Reverse Lunges	Static Squat Holds	Squat Jumps
Reps	30 sec. AMAP	10	10 each leg	10 each	30 sec.	10
Sets & Rest	3-4 sets 2 min. rest between each full set of exercises					

*AMAP = As Many as Possible in 30 seconds.



CIRCUIT 5

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Squat Jumps	Alternating Lunges	Single Leg Hip Thrusts	Alternating Stiff-Leg Deadlift	Standing Calf Raises	Speed Air Squats
Reps	30 sec. AMAP	30 sec. AMAP	30 sec. AMAP	30 sec. AMAP	30 sec. AMAP	30 sec. AMAP
Sets & Rest	3-4 sets 15 seconds rest between each exercise 2 min. rest between each full set of exercises					

*AMAP = As Many as Possible in 30 seconds.

CIRCUIT 6

ARMS	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6
Exercise	Alternating Side Lunges	Speed Air Squats	Hamstring Heel Curls (use arms for pulling tension or place towel under your heels)	Standing Calf Raises	Heel Elevated Squats	Static Squat Holds
Reps	30 sec. AMAP	30 sec. AMAP	30 sec. AMAP	30 sec. AMAP	30 sec. AMAP	30 sec.
Sets & Rest	3-4 sets 15 sec. rest between each exercise 2 min. rest between each full set of exercises					

*AMAP = As Many as Possible in 30 seconds.

