



## RAW Weights Circuit 1 Worksheet

Date:

Exercise	Weights/Reps	Notes
<p><b><u>Circuit 1:</u></b>            Chest Flyes            Skull Crushers            Alternating Pledge Curls            Alternating Shoulder Press            Alternating Bentover Rows            Tricep Kickbacks            Deadlifts (Barbell)            Deadlift Squats (Barbell)</p>		
<p><b><u>Circuit 2:</u></b>            Chest Flyes            Skull Crushers            Alternating Pledge Curls            Alternating Bentover Rows            Lateral Raises            Deadlifts (Barbell)            Deadlift Squats (Barbell)</p>		
<p><b><u>Circuit 3:</u></b>            Bench Press            T Press            Hammer Curls            Alternating Shoulder Press            Bentover Row (Barbell)-Palms Forward            Alternating Single Leg Deadlift            Deadlift Squats</p>		
<p><b><u>Circuit 4:</u></b>            Bench Press            T Press            Alternating Side Lateral Raise            Alternating Back Row            Alternating Single Leg Deadlift            Squats</p>		
<p><b><u>Circuit 5:</u></b>            Chest Flyes            Alternating Bentover Row</p>		