	Name:																		
	A=Circuit Closest to Windows																		
	B=Circuit Closest to Racquetball Courts																		
	Circuit	Exercise	%Reco.	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps	Sets	
	A1	Chest Press	50%BW																
	A2	Horizontal Leg Press	75°/aBW																
	A3	Pectoral Fly	10%BW																
	A4	Shoulder Press	25%BW																
	A5	Seated Leg Curl	30%BW																
															I				
	A6	Lat Pulldown	50%BW																
	A7	Multi-Hip/Adduction	30%BW																
	A7	Multi-Hip/Abduction	30%BW																
	A7	Multi-Hip/Flexion	30%BW																
	A7	Multi-Hip/Extension	30%BW																
	A8	Rear Deltoid	30%BW																
	A9	Lateral Raise	10%BW																
	A10	Arm Curl	20%BW																
	A11	Leg Extension	30%BW																
	A12	Seated Dip	50%BW																
	Name:																		
	A=Circuit Closest to Windows																		
	B=Circuit Closest to Racquetball Courts																		
	Circuit	Exercise	%Reco.	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps	Sets	Weight	Reps	Sets	
	131	Abdominal	30%BW																
	B2	Seated Row	50%BW																
	B3	Low Back Extension	30%BW																
	B4	Arm Curl	25%BW																
	B5	Situp Bench																	
	B6	Multi-hip																	
	B7	Arm Extension	25%BW																
	B8	Standing Calf	50%BW																

	B9	Inclined Chest Press	50%BW																
	B10	Leg Curl	30%BW																
	1311	Horizontal Leg Press	75%BW																
	B12	Leg Extension	30°/aBW																