

**Super Circuit (LONG)**

**Objective:** Do each exercise for 40 seconds and rest 20. Be sure to start next movement on time!

**Super Circuit (LONG)**

- Exercise#1: \_\_\_\_\_ work 40, rest 20
- Exercise#2: \_\_\_\_\_ work 40, rest 20
- Exercise#3: \_\_\_\_\_ work 40, rest 20
- Exercise#4: \_\_\_\_\_ work 40, rest 20
- Exercise#5: \_\_\_\_\_ work 40, rest 20
- Exercise#6: \_\_\_\_\_ work 40, rest 20

Do exercise #1 for 40 sec rest for 20, then do #2, then #3, Then #4, Then #5, Then #6  
Do this for 5 times through (no rest between).