

# **“Power 10” Mini-Circuit Programs**

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## **CIRCUIT #1 (EASY)**

1. Dumbbell Biceps Curl
2. Cardio
3. Squat + Curl + Medicine Ball (2k) Overhead Press
4. Cardio
5. Tubing Row
6. Cardio
7. Stability Ball Face Up Bridge

## **CIRCUIT #2 (MODERATE)**

1. Tubing Triceps Extension
2. Cardio
3. Squat + Curl + Medicine Ball (3k) Overhead Press
4. Cardio
5. Tubing Squat + Row
6. Cardio
7. Stability Ball Chop

## **CIRCUIT #3 (HARD)**

1. Dumbbell Hammer Curl + Arnold Press (+ Squat)
2. Cardio
3. Lunge + Arnold Press
4. Cardio
5. Tubing Lunge + 1-Arm Rotational Row
6. Cardio
7. Stability Ball Torso Twist