

# Strength Training Circuit

As with the entire physical training programme do seek advice from your medical practitioner before including this strength training circuit. My strength training circuit has been designed to work and strengthen the entirety of the upper body while also working on your core strength. I designed it to help me prevent the onset of Osteoporosis in my year of Chemotherapy treatment and continue to use it as an excellent all round strength training circuit. You do not have to join a gym in order to conduct this strength training circuit. Each and every one of these exercises can be safely done at home.

If doing it at home, the only equipment you would need to purchase is an exercise mat if you do not have an old camping rollmat on which to do your sit ups. You do not need a sit up bar. You can hook your toes under the front of the sofa in your sitting room to help if you need to, and you do not need a weights bench. You can use a solid chair that will support your weight or the exercise mat if required to lie on a bench. You can purchase very cheaply a set of York weights dumbbells. You only need dumbbells and they can be purchased cheaply from Argos or Sports Direct or even over the internet. Just ensure that you have the weights locked onto the dumbbell bar safely and have enough weights to be able to increase the weight on each dumbbell a kg at a time. But you do not have to buy them, you can even make them by weighing some sand or earth from a garden and pouring it into a freezer bag and taping it up robustly with black tape but you will find dumbbells more convenient if you can get hold of them. A pull up bar if you wish to conduct pull ups.

If not, or a step too far they can just be left out. Again pull up bars can be purchased very cheaply from Amazon but don't go for the cheapest. Go for a robust one then gently test it to ensure that it is safe to use, and then use it sensibly in according with the weight and usage restrictions given on the product. It is not a toy. Remember. Don't rush it. Concentrate on body position for each exercise and go for quality not quantity.

Put on some good tunes to work out to and enjoy it!

Pull	Pull-Ups
Push	Press-Ups
Abs	PFT Sit-Ups
Pull	Bent Over Row
Push	Dips
Abs	Half-Sits
Pull	DB Pullover
Push	Reverse Dips
Abs	Leg Raises
Pull	Reverse Fly
Push	Bench Press
Abs	Back Raises
Pull	Bicep Curls
Push	Shoulder Press
Abs	Crunches
Pull	Lateral Raise
Push	Standing Row
Abs	Bicycle Abs
Pull	Front Raises
Push	Chest Flies
Abs	Long Arm Crunch
Pull	Hammer Curls
Push	Tricep Kick Backs
Abs	PFT St-Ups