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Sample Programme
Full Body Resistance



Thanks for taking time to download the full body circuit routine. The following is just one of the circuits you will find from the full circuit e-book. Exercises should be performed in a row with no rest between.

Full Body Resistance Circuit Sample

Exercise	Reps	Sets
Full Body		
Dead Lift	8-10	4
Bench Press	8-10	4
DumbBell Front Squat (Goblet)	8-10	4

For a telephone consultation and tips and hints to optimised training techniques, get in touch via e-mail at **info@seanthorntonfitness.com**.

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