

## Circuit Training Protocol

### Resistance Training

		Sets	Reps	Load	Tempo	TUT	Rest
<b>Warm Up</b>	Band Sword Draws - R	1	30s				
	Band Sword Draws - L	1	30s				
	Staggered Stance Band Flyes	1	30s				
	Staggered Stance Reverse Band Flyes	1	30s				
	Assisted Squat	1	60s				
	Standing Rotations	1	60s				
<b>1</b>	Single Arm KB Side Swing L	2	12		1 1 1	3	60
<b>2</b>	Single Arm KB Side Swing R	2	12		1 1 1	3	60
<b>3</b>	Box Squats w/ MB Raise	2	12		3 1 2	6	45
<b>4</b>	Alt Leg Step Up w/ MB Overhead	2	12		3 1 2	6	45
<b>5</b>	KB Deadlift	2	12		2 1 3	6	45
<b>6</b>	Standing Plate Rotations	2	12		3 1 3	7	45
<b>7</b>	Band Face Pulls	2	12		3 1 2	6	45
	Session time (mins)	25					

### MUJO

		Sets	Reps	Load	Tempo	TUT	Rest
<b>1</b>	MuJo Shoulder Adduction	2	12		3 1 3	7	30
<b>2</b>	MuJo Shoulder Abduction	2	12		3 1 3	7	30
<b>3</b>	MuJo Int. Rotation, Arm Abducted	2	12		3 1 3	7	30
<b>4</b>	MuJo Ext. Rotation, Arm Abducted	2	12		3 1 3	7	30
<b>5</b>	MuJo Internal Rot & Adduction	2	6		3 1 3	14	30
<b>6</b>	MuJo External Rot & Abduction	2	6		3 1 3	14	30
	Session time (mins)	20					