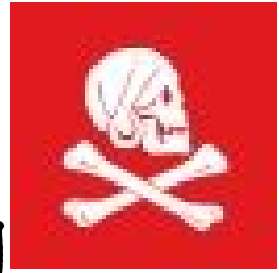


Morph Circuit Training

Coast Barbell Club Inc©



KB Sumo Squats
Clean and Press
Box Side Step Over
Split Jerks
Band Chin Ups
Split Squat
One Arm DB Extension
Barbell Curl
Landmines
Drop Press
Fat Man Rows
Band Crunch

10 reps each exercise then rest for 1 min