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How To: Create a Circuit from an Exercise

Stephen Ostrow a few seconds ago · Updated

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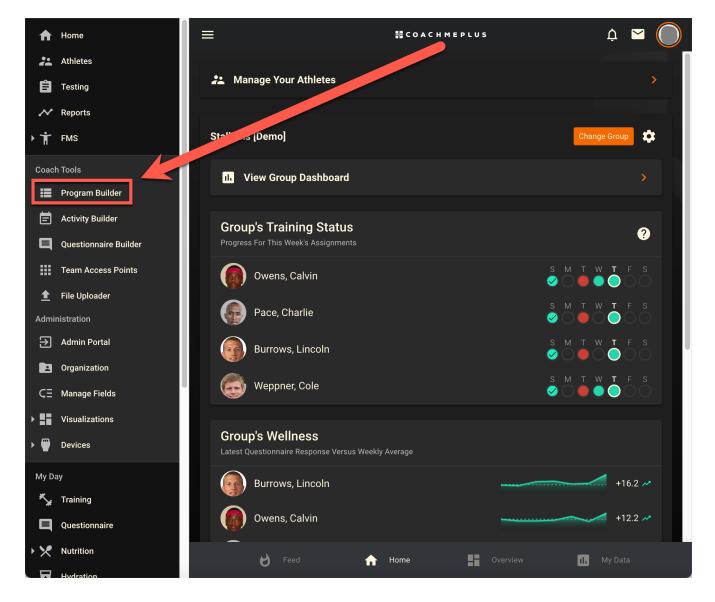
How To: Create a Circuit from an Exercise

When you are building a **Program**, and want to add **Exercises** to a **Program**, you can now create a new **Circuit** from an **Exercise** without having to leave the **Day View**. This process allows you to add as many **Exercises** to a **Program Day** without having to create a **Library Circuit**.

Watch this How-To Video and Follow the instructions below.



1. Go to the **Program Builder**.



2. Go to the **Day** of the **Program** that you would like to quickly add **Exercises** to and select the green **Add Circuit** button.

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		E	dit Library Program		
÷	Strength Template 2023			:	Q 🏼 🖬 🏧 More Captu
	Sunday	Monday	Tuesday	Wednesday	Thursday
1 ≎			-		
2 \$	Jul 30th Day 3 Bench 5-3-1 Bike Warmup Core Circuit	Jul 31st Day 4 Deadlift 5-3-1 Run Warmup Plyometrics Lower Core	Aug 1st Day 5 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Aug 2nd Day 6	Aug 3rd Day 7
3	Aug 6th Day 10 Bike Warmup Bench 5-3-1 Core Circuit	Aug 7th Day 11 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Aug 8th Day 12 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Aug 9th Day 13	Aug 10th Day 14
4	Aug 13th Day 17 Bike Warmup Bench 5-3-1 Core Circuit	Aug 14th Day 18 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Aug 15th Day 19 Plyometrics Upper Military Press 5:3-1 Med Ball Core	Aug 16th Day 20	Aug 17th Day 21
5 \$	Aug 20th Day 24 E Bike Warmup Bench 5-3-1 Core Circuit	Aug 21st Day 25 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Aug 22nd Day 26 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Aug 23rd Day 27	Aug 24th Day 28
6 -	Aug 27th Day 31	Aug 28th Day 32	Aug 29th Day 33	Aug 30th Day 34	Aug 31st Day 35

3. Select **Create From Exercise** and choose continue. Then, select the **Exercise** you would like to start with from the **Exercise List**.

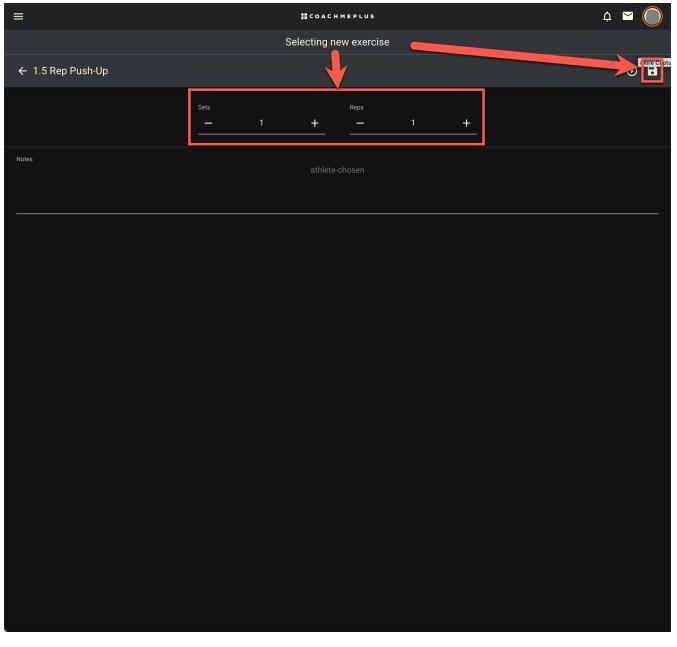
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	Strength Template			
← Day 4 of 26 Mon, Jul 31st			More	Capt
	Deadlift 5-3-1 Strength Library : ↓			
	Barbell Deadlift 3x5 @ athlete-chosen lb			
	Barbell Bulgarian Split Squat 3x6 @ 0 lb Note: Each Side:Tempo-2-1-2			
	Physio Ball Hamstring Curl 3x12 Note: Tempo-2-1-2			
	Add Exercises			
	Run Warmup Warmup Library : ↓ ↑			
	Treadmill Jog 5 minutes Note: 70% Heart Rate			
	Add Exercises			
	Plyometrics Lower Power Library : ↓ ↑			
	Box Jump 5x3 @ athlete-chosen lb Note: Increase height or add weight each week!			
	Add Exercises			
	Core Library : 1			
	Weighted Sit-up 3x12 @ athlete-chosen lb			
	Reverse Hyper			

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	Barbell Deadlift 3x5 @ athlete-chosen lb				
	Barbell Bulgarian Split Squat 3x6 @ 0 lb Note: Each Side:Tempo-2-1-2				
	Physio Ball Hamstring Curl 3x12 Note: Tempo-2:1-2				
	Add Exercises				
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	Treadmill Jog 5 minutes Note: 70% Heart Rate				
	Add Exercises				
	Plyometrics Lower Library : ↓ ↑				
	Box Jump 5x3 @ athlete-chosen lb Note: Increase height or add weight each week!				
	Add Exercises				
	Core Library : 1				
	Weighted Sit-up 3x12 @ athlete-chosen lb				
	Reverse Hyper				

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← Exercises		Filters	
	CREATE	Source	CLEAR
Search by title	×	Recently Edited	
	•	My Exercises	
1.5 Rep Push-Up 1x1	\odot	Tags	CLEAR
3/4 Sit-up		1 Leg	
1x1	lacksquare	1x1	
6 Way Shoulder Raise	\odot	1x2	
1x1	Ŭ	2x1	
90-degree jump squat 1x1 @ athlete-chosen lb	\odot	2x2	
90/90 Breathing Position		2x3	
1x1 @ Note: This exercise or technique is used to teach and train diaphragmatic breathing with knees elevated to the 90/90 position.	•	3x1	
90/90 Breathing with Lateral Expansion		3x2	
1x1 @ Note: This exercise or technique is used to teach and train diaphragmatic breathing with knees elevated to the 90/90 position wh	ile focusing o 🕑 🔓	4x1	
A skip		Abdominals	
20 m		Abs (rectus abdom	ninis)
Ab Bicycle 1x1	\odot	Accelerative	
Ab Crunch Machine		Active Straight Leg	Raise
1x1 @ 0 lb		Airex Pad	
Ab Roller		Anti-Rotational	
1x1 @ 0 lb		Arms	
ACFT Hand-Release Push-Up	\odot	Assist	
1x1	Ŭ	BW	
ACFT Superman Push-Up 1x1	\odot	Back	
		Balance	
Active Leg Lowering 1x1 @ Note: This exercise helps improve hip mobility and stability for the active straight leg raise pattern.	•	Ball	
Active Leg Lowering to Bolster		Band	
1x1 @ Note: This pattern is to improve hip mobility and stability for the active straight leg raise pattern with the use of a bolster.	۵	Barbell	
		Danah	

4. Choose the **Exercise Constraints** and select save.



5. You will then see that a new **Circuit** has been created with the **Exercise** you selected. Add any other **Exercises** you would like using the **Quick Add** dumbbell icon.

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	3x12 @ athlete-chosen lb Weighted Side Bends 3x12 @ 0 lb Note: Each Side						
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