

Circuit 2- Strength Endurance

March 23, 25, 27 30 ,April 1, 3, 6 and 8

* Do outside in drive way / yard / etc.

3 Minutes on/ 1 minute off- 10 stations= 40 minutes total (30 minutes work)

1. Upper- Forearm Work- Be creative and figure something similar to this 3 minutes of work
 - a. :60 Bar Hang
 - b. :60 Farmers Hold w/one DB or KB per Hand
 - c. :60 Bar Hang
2. Lower-Jumps
 - 20 x Frontal jumps (bunny hops)
 - 20 x Lateral Jumps
 - 20 x Calf Jumps
3. Lower- Jump Rope
4. Core- Holds
 - a. :60 Plank hold w/ opposite arm/leg raises (similar to bird dog) :30/:30
 - b. :60 Supine Hold on Hands body in plank with hips up
 - c. :60 ½ Plank
5. Lower- Run- Run fast out 1.5 minutes and run fast back
6. Lower- Jumps
 - a. :60 Squat Jumps
 - b. :60 Lunge Jumps
 - c. :60 Out In Jumps alternating hand ground taps (keeping low back flat)
7. Core- Stability Ball
 - a. :60 Tuck Ins
 - b. :60 Butt Ups
 - c. :60 Plank Arm Circles- Elbows are on ball
8. Upper-
 - a. 1.5 Minutes Push Ups
 - b. 1.5 Chair / Bench Dips
9. Lower- Single Leg Work
 - a. :60 Single Leg Butt Kicks Right
 - b. :60 Single Leg Butt Kicks Left
 - c. :60 Alternating One Leg High Jumps
10. Total-
 - a. :60 Breakers
 - b. :60 Warrior 3 Right Reaches
 - c. :60 Warrior 3 Left Reaches

** Warrior 3 Reaches: Reach forward, in and out with leg, then kick out and backup on that leg- stay on that side entire :60

**Breakers: Quad position (hands and knees)- Left leg comes off ground and reaches to opposite side with a that opposite arm coming off ground and across chest