

Corona Circuit 4

May 4, 6, 8, 11, 13, 15, 18 and 20

1 min on / :30 off/ 1 min on / 1 min off - 16 stations = 56 minutes (32 minutes work)

1. Upper- Chair Dips
 - a. :60 Chair Dips Straight Legs
 - b. :60 Chair Dips Bent Legs higher tempo
2. Lower-Squats and Jumps
 - a. :60 Squats (holding any weight you can find)
 - b. :60 Squat Jumps be explosive
3. Total-Shadow Boxing
 - a. :2.5 Minutes Continuous Shadow boxing- small weights in hand if you have them
4. Core- Plank
 - a. :60 ½ Plank
 - b. :60 ½ Plank Knee Taps
5. Upper- Arm Stand Holds – 2.5 minutes straight- can you do it?
6. Lower- Calves
 - a. :60 Plié Mid Squat Hold and Toe calf raises
 - b. :60 On step or something higher - quick calf raises
7. Total- Burpees- How many in 2.5 minutes? No rest
8. Core-Plank Hold on Elbows
 - a. :60 Right Side Plank Hold
 - b. :60 Left Side Plank Hold
9. Upper-Push Ups
 - a. :60 Push Ups
 - b. :60 Low Push Up Hold
10. Lower- Wall Squats Streamline Hold- 2 Minutes Straight
11. Total- Around the worlds- same, but I want to break
 - a. :60 Half Squat- Around the worlds with any weight you can find- take the rest & do again
12. Core- Row Boats and Total Gym Abs
 - a. :60 Row Boats
 - b. :60 C Hold
13. Upper- Army Crawlers
 - a. Do for first and Second Minute- Army Crawlers- continue to rotate from plank on elbows to hands and back down and repeat
14. Lower- Jump Rope
 - a. :60 R Leg
 - b. :30 Rest- do not rest and do :30 double leg
 - c. :60 L Leg
15. Total- Crisscross jumps and Burpees
 - a. :60 Crisscross jumps + Squat
 - b. :60 180 deg squat jumps
16. Core/Back- Bridges and V Ups
 - a. :60 Glute Bridges
 - b. :60 V Ups