

## Corona Circuit 5

14 Stations- 1:00on:30off:30on1:00 off (sometimes 2:00on :60 off)- 42 min total (23.5 minutes of work)

*Best if done in a park such as Highland Road Park*

May 25, 27, 29, June 1, 4 and 5

1. Upper- Back Power
  - a. :60 ½ Plank Hold
  - b. :30 Plank Saws (1/2 plank with a rock forward and backwards)
2. Lower- Duck Walks
  - a. 2:00 Duckwalks- stay in low squat and do 1<sup>st</sup> min forward and then reverse 2<sup>nd</sup> min
3. Total- Squat Thrusters and Burpees
  - a. :60 Squat Thrusters
  - b. :30 Burpees
4. Core- Core
  - a. :60 Flutterers
  - b. :60 Scissors
5. Total- Fast Feet and Small Jumps
  - a. :60 Fast Feet x 20 Fast lateral small jumps x 20 and keep repeating
  - b. :30 Fast Feet and drop to floor and hop back up every 6 seconds
6. Lower- Squats Walks
  - a. :60 Squat Walk Right
  - b. :60 Squat Walk Left
7. Total- Breath Control
  - a. :60 Indian Style Sitting Hold Breath
  - b. :30 Plank Empty Hold Breath, but :03 prior to beginning :30 blow out all air and hold
8. Back- Superman Hold
  - a. 2:00 Superman Hold – do for work, rest and work portions of circuit then switch
9. Lower-Jump Rope
  - a. :60 Regular Fast Tempo
  - b. :30 Alternate Foot Fast Tempo
10. Total- Plank Swimming Arm Walks
  - a. 2:00 Plank Hold on hands and alternate arms straight arm freestyle stroke and place hand back down on ground
11. Core- Crabs and V Ups
  - a. :60 Spartan Crab Kicks
  - b. :30V Ups- goal is to get 15 to 20 in :30
12. Upper- Plank Hold and Pushup Up Hold
  - a. :60 Upright plank up with alternating arm reaches
  - b. :30 Pushup Low Hold
13. Lower- Lateral Lunges- alternating L/R
  - a. :60 Curtsy Lunges
  - b. :30 Lateral lunges- for speed
14. Total/Core- Mountain Climbers
  - a. :60 Mtn Climbers
  - b. :30 Double Mtn Climbers