

COVID19- Circuit 3- Speed Endurance

April 13,15, 17, 20, 22, 24, 27 and 29

12 Stations 2 Min On / 1 Min Off (24 Minutes work- 36 total minutes)

1. Lower-Lunges
 - a. :60 Walking Lunges w/one DB or weight plate over head or use a something you find at home
 - b. :60 Reverse Lunges in Place w/one DB or weight plate over head
2. Total- Single Leg Streamline Jumps
 - a. :60 Right leg Streamline Jumps
 - b. :60 Left leg Streamline Jumps
3. Core- Flutter Kicks and Scissors
 - a. :60 w/small DBs with backstroke arms (2lbs to 8lbs DB per arm) [if no weights- okay]
 - b. :60 Small Scissors holding small DBs in each hand presses [if no weights- okay]
4. Upper-Presses
 - a. :60 Push Ups
 - b. :60 Every :10 do an explosive pushup and hold plank in between each explosive push up
5. Lower- Wall Sits
 - a. :60 Right Leg focus with left leg elevated
 - b. :60 left Leg focus with right leg elevated
6. Total- Burpees
 - a. :60 Plank Pops: Explanation→ Burpee without Jump- So do burpee but when you pop up hold a 1.5 second squat hold with arms over head like you are going to explode up in your jump
 - b. :60 Burpees
7. Core/Back- Super Man Hold
 - a. 2:00 Super Man Hold- if you can do elevated, try to do that.
8. Upper-Jumping Jacks
 - a. :60 Regular
 - b. :60 Short and crouched over at super speed rate
9. Lower- Warrior 3 Extensions
 - a. :60 On Right Leg Warrior 3 Left Leg in and out- no coming back up this time
 - b. : 60 On Left Leg Warrior 3 Right Leg in and out- no coming back up this time
10. Lower- 4 to 6 inch imaginary rope hops
 - a. Lateral over the imaginary rope
 - b. Front and Backwards over the imaginary rope
11. Upper-Total Gym
 - a. :60 Pull Ups- Quick Explosive Up and Slow controlled about 5-6 seconds to go down
 - b. :60 90 deg hold
12. Total-ALL on Aerobic Steps
 - a. 40 x Plank Army Crawlers
 - b. 20 x single leg hip raise RIGHT foot on chair
 - c. 20 x single leg hip raise LEFT foot on chair