

## **CIRCUIT 1: Twice Through [35min] 2 Min work [30 sec of each exercise]**

:30 sec. rest

**Rest 1-2 Minutes before repeating. Make sure you are drinking water!**

- 1. Split Squat R:** Right leg Forward Left Leg back in the reverse Lunge position. Squat up and down [knee almost touching the floor each split squat]  
**Split Squat L:** Left leg Forward Right Leg back in the reverse Lunge position.  
**Reverse Lunge R:** Keep the Right leg forward and still, lunge back with the left leg, knee almost to the ground and stand back up bringing the Left leg next to the Right. Repeat as Fast as possible  
**Reverse Lunge L:** Keep the Left leg forward and still, lunge back with the Right leg, knee almost to the ground and stand back up bringing the Right leg next to the Left. Repeat as Fast as possible
- 2. Full Plank:** Shoulder over wrists, back flat  
**Spider Plank:** holding a good plant place right foot up by the right hand and back. Repeat with the left  
**Mountain Climbers:** Hold a good plank and pull knees through, one at a time, as far forward as possible  
**Plank Alt. Leg Lifts:** From the ½ plank position, raise the legs, one at a time, toes down.
- 3. Squats:** Sit back through the heels keep chest & eyes forward  
**Drop Squats:** Keep chest up and eyes forward. Squat to touch the ground not bend over  
**Squats:** Sit back through the heels keep chest & eyes forward  
**Squat Jumps:** Use arms to swing and get as high as possible
- 4. Y-Hold:** Arms out Straight, Chest up, Thighs off the ground  
**Swimmers:** Keep arms straight and alt. arms and legs off the ground  
**Superman Hold:** Palms down, arms in a W [Elbows at 90], chest up, squeeze shoulder blades together  
**Superman Pumps:** Raise Chest & Thighs as high as possible, up and down
- 5. Burpees:** Streamline jump, squat, jump legs back, jump legs through & repeat. [no push up]  
**Push Ups:** As many as possible. Do on knees if need to  
**Burpees:** Streamline jump, squat, jump legs back, jump legs through & repeat. [no push up]  
**Cobras:** Hands under hips, elbows in tight
- 6. Bear Crawl:** Alt. 6 Steps Forwards 6 steps Backward, keeping knees 3 inches off ground. Back Flat!  
**Dead Bugs:** Make sure you are straightening arms and legs out fully  
**Bear Crawl:** Alt. 6 Steps Lateral one way, 6 steps lateral the other keeping knees 3" off ground.  
**Dead Bugs:** Make sure you are straightening arms and legs out fully
- 7. Jump Rope:** 2 Minute straight! If you don't have a rope, just jump on 2 feet, turning hands at side as if had a rope