

## **CIRCUIT 1: [Wk 2] Twice Through [35-37min]**

2 Min work / :30 sec. rest

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

1. **:30 seconds of Each:**

**A-Skips:** Drive your knee high each skip and drive your arms

**Quick Feet:** 2 Steps forwards/2 steps Backwards as if over a line.

**Run in Place:** Fast, driving your arms and knees up

**Quick Feet in and out:** 2 Steps to one side/2 steps to the other as if over a line.

2. **:30 sec. T-Push Ups Alt.:** Good push up the raise one arm and rotate looking up towards Hand

**1 Min Jumps:** 20 Quick Jumps Like jumping rope then 10 Tuck Jumps [Repeat as many times as needed]

**30 sec. T-Push Ups Alt.:** Good push up the raise one arm and rotate looking up towards Hand

3. **:30 sec. Flutter Kicks.:** Legs Straight, toes pointed. [Hands under hips if needed]

**1 Min Lateral Bounds:** speed Skaters, Jump Sideways on one leg back & forth]

**:30 sec. Flutter Kicks.:** Legs Straight, toes pointed. [Hands under hips if needed]

4. **1 Min: Y-T-W's:** lift arms up to a Y, [Palms down] then down to shoulder height out front and out to a T [Palms Facing], back to shoulder height out front, then back to a W [Keep elbows level with shoulders and squeeze]. **Can do this holding canned goods.**

**1 Min Forward Lunges:** holding a Streamline! Keep chest up, eyes forwards

5. **:30 sec. Dips:** Have Hands on a Chair or bench, keeping back as close to the chair, lower your body to the ground and back up. Keep elbows in and Legs straight and on heels.

[modification bend knees and have feet flat]

**1 Min Squats:** Sit back through the heels keep chest & eyes forward

**:30 sec. Dips:**

6. **1 Min Dead Bugs:** Make sure you are straightening arms and legs out fully

**1 Min Bear Crawl:** Alt. 4 Steps forward and backwards then 4 steps lateral tone way then the other keeping knees 3"off ground.

7. **:30 seconds of Each:**

**Squat Jumps:** Use arms to swing and get as high as possible

**Mountain Climbers:** Hold a good plank and pull knees through, one at a time, as far forward as possible

**180 Squat Jumps:** Alt. ways your rotate. Get a good height and land controlled

**Spider Plank:** holding a good plant place right foot up by the right hand and back. Repeat with the left