

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 plank place right foot up by the right hand and back. Repeat with the left