

CIRCUIT 1: [Wk 3] 3 Min work / 1 Min Rest [40]

- Each Station alternates between 2 exercises and decreases time per exercise.
- :45 of each / :30 of each / :15 of each.
- Get faster and more explosive as the time decreases.

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

:45 Full Burpees Good Form. Streamline Jump, then Jump feet back to a good Plank & push up, jump feet back through

:30 Quick Feet in and out

:30 Full Burpees

:15 Quick Feet in and out

:15 Full Burpees
- Jumping Jacks** Clap hands over head and touch your thighs

Reverse Lunges: [Keep chest up and good balance]. **Do Lunge Jumps on :15 sec**
- Butt Kicks:** Get heels up and move feet fast

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.**
- Y-Hold** Arms out Straight, Chest up, Thighs off the ground

Flutter Kicks.: Legs Straight, toes pointed. [Hands under hips if needed]
- Wall Sit:** Knees at 90% elbows back on the wall. **Do Squat Jumps on :15 sec**

Plank Jacks: In the ½ plank position keep back flat, jump feet out & in as fast as possible
- Mountain Climbers:** [Hold a good plank and pull knees through, one at a time, as far forward as possible]

Speed Squats: [Sit back through the heels keep chest & eyes forward]. **Do Squat Jumps on :15 sec**
- Cobras:** Hands under hips, elbows in tight

Drop Squats: Keep chest up and eyes forward. Jump feet out & Squat to touch the ground
do not bend over
- Run/Sprint in Place:** Fast, driving your arms and knees up

Spider Plank: holding a good plank place right foot up by the right hand and back. Repeat with the left
- Dead Bugs:** Make sure you are straightening arms and legs out fully

Swimmers: Keep arms straight and alt. arms and legs off the ground
- Forward Lunges:** holding a Streamline! Keep chest up, eyes forwards **Do Lunge Jumps on :15 sec**

Push Ups.: As many as possible. Do on knees if need to