

# CIRCUIT 1

[Wk 5] [30 min]

6 Stations: All **4 Min** with **1 Min** Rest between Stations

**1. 8 X : 20 Sec. work Fast!! 100% E! with 10 Sec. Rest.**

Alt. :20 Fast with: **Burpees No Push up**

**Burpees with a push up**

Count how many you can do in :20 seconds.

**2. 4 X :45 sec. Steady work with :15 Rest**

Back: **Superman Pumps**

**Y Hold** [Arms out Straight, Chest up, Thighs off the ground]

**Swimmers**

**Superman Hold** [Arms in a W and squeeze shoulder blades together, thighs off the ground]

**3. 8 X : 20 Sec. work Fast!! 100% E! with 10 Sec. Rest.**

Alt. :20 Fast with: **Mountain Climbers** [Back Flat and pull knees through as fast as possible]

**Spider Planks** [Back Flat and step feet up to hand, one at a time **Fast**]

**4. 4 X :45 sec. Steady work with :15 Rest**

Shoulders: **Frontal Raises:** Palms Down, Arms Straight. **[Hold 2-5lbs weights or canned Goods]**

**Lateral Raises:** Palms Down, Arms Straight.

**W-Shoulder Squeezes:** Palms Facing to start then open at the W

**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].

**5. 8 X : 20 Sec. work Fast!! 100% E! with 10 Sec. Rest.**

Alt. :20 Fast with: **Streamline Jumps** [Touch the floor with both hands before jumping up in a SL]

**Speed Squats** [Good Full squats as fast as possible]

**6. 4 X :45 sec. Steady work with :15 Rest**

Core: **Shoulder Taps.:** Hold a good Planks and Tap alt. shoulders controlled

**Plank Alt. Leg Lifts:** From the ½ plank position, raise the legs, one at a time, toes down.

**Dead Bugs:** Make sure you are straightening arms and legs out fully

**Plank Jacks:** In the ½ plank position keep back flat, jump feet out & in as fast as possible