

CIRCUIT 1

[Wk 6] [35 Min]

7 Stations: All **2:00** with **:30** Rest between Stations Twice Through.
The exercise on the even stations changes on second time through

1. 2 Min steady:

Jump Rope: If you don't have a rope, just jump on 2 feet, turning hands at side as if had a rope

2. 4 X : 20 Sec. work **Fast!! 100% E! with 10 Sec. Rest.**

Round 1. **Burpees No Push up** Count how many you can do in :20 seconds and hold it or better

Round 2. **Squat Thrusters** Jump out to a full plank, jump both feet through and pick hands up but stay in a squat, and repeat

3. 30 seconds of Each:

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

Superman Pumps: Raise Chest & Thighs as high as possible, up and down

4. 4 X : 20 Sec. work **Fast!! 100% E! with 10 Sec. Rest.**

Round 1. **Mountain Climbers** [Back Flat and pull knees through as fast as possible]

Round 2. **Plank Jacks:** In the ½ plank position keep back flat, jump feet out & in as fast as possible

5. 30 seconds of Each:

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].

6. 4 X : 20 Sec. work **Fast!! 100% E! with 10 Sec. Rest.**

Round 1. **Drop Squats:** Keep chest up and eyes forward. Jump feet out & Squat to touch the ground do not bend over

Round 2. **Burpees with a Push up** Count how many you can do in :20 seconds and hold it or better

7. :30 sec. Cobras: hands under chest elbows close to body

1 Min Streamline Forward Lunges: Good Form and Balance. Keep chest & eyes forward

:30 sec. Cobras