

CIRCUIT 1

Wk 7

[36 min]

All Stations: :45 Work as fast as possible :15 Rest [4/8min]
Twice Through twice through with no extra rest on the repeat.
Rest **1 Min** between stations

Station 1.

1. **Plank-Downward Dog:** Push back from a good plank into a downward dog. Touch right Hand to left foot, then back to a plank. Repeat switching left hand to right foot ASO
2. **Mountain Climbers Pause on 3:** Back Flat and pull Knees Through as fast as possible with good form pausing every 3rd for a slow 3 count.
3. **Squats, Jump every 3rd.** Good Squats keep eyes up and explode on a jump every 3rd squat.
4. **Speed Skaters.** Jump side to side, touching the ground with the opposite hand each time. Jump as far/wide as you can under control.

Station 2.

1. **Reverse Lunge Knee Drives R:** Left Leg Stationary and reverse Lunge on R. Stop Briefly in the starting position before driving Knee up as high as possible. Touch right Hand to left foot, then back to a plank. Repeat switching left hand to right foot ASO
2. **Reverse Lunge Knee Drives L:** Right Leg Stationary and reverse Lunge on L. Stop Briefly in the starting position before driving Knee up as high as possible.
3. **Squats, Hold every 5th.** 5 Good Squats and hold for a slow count 10 on # 5.
4. **Squat to Plank to Push up Ladder:** 1 Squat, Plank for 1, 1 Push-up, 2 Squats Plank for 2 count, 2 Push-ups ASO

Station 3.

1. **Swimmers:** Alt. Arms and Legs. Keep straight and get as high as possible
2. **Bear Crawl:** 4 Steps Forward/4 Steps Backwards. Keep Knees low and Back flat!
3. **Quick Feet/Burpees:** 20 Quick fast feet then drop and do a Full Burpee
4. **W-Shoulder Squeezes:** Palms Facing to start then open at the W.
[Holding small weights 2-5 lbs. or Canned goods,

Station 4.

1. **Raises:** Be controlled on these. Alt. Frontal/Diagonal & Lateral
[Holding small weights 2-5 lbs. or Canned goods, Palms down]
2. **Push Ups/Shoulder Taps :** Alt. 1 Push up/4 Shoulder Taps [go onto knees for push up if needed]
3. **Superman Pumps:** Arms and legs straight. Chest & Thighs off the ground as high as possible
4. **Cobras** hands under chest elbows close to body