

CIRCUIT 1

Twice Through [35-37min]

[Wk 8]

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

Pogos: Hopping on 2 Feet forwards/ Backwards as if over a line.

Run in Place: Fast, driving your arms and knees up

Lateral Pogos: Hopping on 2 Feet Side to side 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 Quick Feet/Burpees No push: 20 Quick fast feet then drop and a Full Burpee, no push

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 Pplit Squat & Lunge Jumps: 5 Split squats, good form, 3 Lunge Jumps to switch legs.
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 Broad Jump/ Squat Jacks back: Broad Jump forwards as far as possible, Squat jacks back to your starting spot. [like a jumping Jack, but sink low into a squat each time]

:30 sec. Dips:

6. 1 Min Dead Bugs: Make sure you are straightening arms and legs out fully

1 Min Bear Crawl & Knee taps: Alt. 4 Steps forward and backwards, 4 steps lateral one way then the other, 8 Hand to Knee taps in the bear crawl position [R Hand to left Knee and switch]

7. 1 Min Squats & Knee Drives: Squat with hands behind head, then Drive

R Knee to Right Elbow, Squat, then knee drive L

1 Min Mountain Climbers/Shoulder Taps: Hold a good plank and Alt. 10 MC & 10 Shoulder taps.