

CIRCUIT 2

45 Sec. Hold/Exercise

15 Sec. Rest

4 X : 20 Sec. work **Fast!! 100% E!** with 10 Sec. Rest [3min]

Rest 1:00 Min between sets.

4 Min/40Min

:45 Hold/Exercise

4 X :20 Work 100% with :10 rest

1. Full Plank:

Burpees no Push [count how many each time!]

2. Superman Hold:

Mountain Climbers [back flat/pull knees thru']

[arms at 90%, squeeze shoulder blades together]

3. ½ Plank:

Plank Jacks [back flat, jump feet out & in as fast as possible]

4. Wall Sit:

Alt. Drop Squats [tough ground, keep chest up]

[knees at 90% elbows back on the wall]

5. 6 Inch hold:

Push ups [on Knees for speed]

6. Y-Hold:

Swimmers [Alt. Limbs]

[arms Straight out front chest up]

7. Shoulder taps:

Cobras [hands under chest elbows close to body]

[In a Full plank, slow and controlled]

8. Reverse Lunges:

Reverse Lunge Knee Drives [Alt. R & L x2]

9. ½ Plank Leg Raises:

Alt. High Knees [Pump arms get knees high]

Butt Kicks. [Get heels up]

10. C hold:

Full burpees [Fast but good form]