

CIRCUIT 2 Wk 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. Jumping Jacks:

Reverse Lunge Knee Drives with a Jump

[Alt. :20 on each Leg and repeat]

2. Full Plank:

Cobras [hands under chest elbows close to body]

[Shoulders over Wrists, head in line with body]

3. A Skips:

Alt. Mountain Climbers

[in Place, getting Knee as High and Drive arms]

Spider Planks

4. Lunge Squat Matrix:

Alt. Squat Jumps & Lunge Jumps [x2]

5. Flutter Kicks:

Drop Squats [tough ground, keep chest up]

6. Y-Hold:

Swimmers [Alt. Limbs]

[arms Straight out front chest up]

7. Shoulder taps:

Burpees no Push [count how many each time!]

[In a Full plank, slow and controlled]

8. Duck Walk:

Push ups [on Knees for speed]

[Walk in a low Squat 6 Steps forward/6 Steps Back]

9. ½ Plank Leg Raises:

Quick Feet [Alt :20 Forwards & Back / Out & In]

10. 10. C hold:

Alt. Tuck Jumps [Hold arms out and get knees high]

Butt Kicks. [Get heels up]