

CIRCUIT 2

Wk 3 [30min]

1:30. Hold or Work [Steady] Rest :15 30 Sec. Work **100% E!**
:45 Rest between Stations 3 Min/30Min

1:30 Hold/Exercise Rest:15 :30 Work 100% :45 Rest

1. Jump Rope:

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

Squat Jumps

2. Shoulder taps:

[In a Full plank, slow and controlled]

Burpees no Push [count how many]

3. A Skips:

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

Cobras [hands under chest elbows close to body]

4. Drop Squats:

[touch ground, keep chest up]

Mountain Climbers

[Back Flat, pull knees through fast]

5. Lunge Squat Matrix:

[Forward Lunge, Squat, Reverse Lunge, then switch legs]

Lunge Jumps

6. Duck Walk:

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

Push ups [on Knees for speed]

7. ½ Plank Leg Raises:

[arms Straight out front chest up]

Swimmers [Alt. Limbs]

8. Wall Sit:

[knees at 90% elbows back on the wall]

Squat Thrusters [Start in a squat,

jump out to a full plank, then jump both feet through and pick hands up but stay in a squat, and repeat]

9. Raises: [Alt. Frontal/Diagonal & Lateral]

[Holding small weights 2-5 lbs. or Canned goods, Palms down]

Flutter Kicks

10. C hold:

Full burpees [Fast but good form]