

CIRCUIT 2

Wk 5

[21 min] Then do a Yoga class

6 Stations: All :45 Work :15 Rest.

Extra :30 between stations

Station 1.

1. Jumps: [5 Quick Jumps Like jumping rope then 5 Tuck Jumps [Repeat as many times as possible]
2. Squats [Sit back on heels, chest up, eyes forward, squat to legs at 90°]
3. Wall Sit: [Knees at 90° elbows back on the wall.]

Station 2.

1. Push Up/Shoulder Tap [Alt. 1 Good Push up with 2 shoulder taps nice & steady]
2. Dead Bugs [Keep Arms Straight, get back to the start position every time, don't rush]
3. Bear Crawl [Alt. 4 Steps forward and backwards then 4 steps lateral tone way then the other keeping knees 2-3"off ground and back flat]

Station 3.

1. Munchkin Jumping Jacks [In the squat position do Jumping Jacks, stay low]
2. See Saw Lunges [Forward lunge, then Reverse lunge on each leg.]
3. Bunny Hops in a cross [quick jumps **starting and finishing each jump from the same spot.** Jump Forwards & Back, then out to the right & back then Back & forwards, then out to the left & back]

Station 4.

1. Superman Pumps [Holding a canned food in each hand]
2. W-Shoulder Squeezes [Palms Facing to start then open at the W]
3. Back Burns [Face down, start with Hands palms up on butt and swing around, thumbs down, to touching out front. Keep arms straight.]

Station 5.

1. Jump Rope: [If no rope, just jump on 2 feet, turning hands at side as if had a rope]
2. Chair Dips: [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]
3. 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]

Station 6.

1. Russian Twist [Hold a soccer or volleyball and tap the ball on the ground to the side each twist]
2. Full Plank [Roll the ball from side to side without rocking your hips]
3. Raises Alt. Frontal/Diagonal & Lateral. [Holding small weights 2-5 lbs. or Canned goods, Palms down]