

CIRCUIT 2 [Wk 6] Create your own 20 Minute Circuit & Then do a Yoga Class

Use the following exercises and Ideas.

***If you prefer to pick a circuit from previous weeks, you can.**

****You can also do a cardio from the Peloton Ap if you have it.**

Do a Minimum of 30 seconds up to a minute of each Exercise, or a certain # of reps Like 60 Squats or 10 Slow push-ups etc. Pick 1-3 exercises from each family then go through as many times as needed changing up the exercises.

Squat family: Sit back through the heels keep chest & eyes forward.

Squats / Drop Squats / Squat Jumps / 180 Squats / Wall Sit / Squat Hold

Suggestion: Squat & Squat hold ladder: 1 Squat then a Squat Hold for 1 Count, 2 Squats then a Squat hold for 2 Counts, 3 Squats etc. up to 10 squats and a squat hold for 10 counts.

Plank/Push-ups Family: Good Form on all.

Mountain Climbers / Push-ups [can do on knees] / Spider Planks / Cobras / Plank Jacks / Shoulder Taps [Slow & Controlled]

Suggestion: Plank Hold & Push-ups: holding a full plank count 10 and push up on 10. Repeat 6 times!

Shoulder Family: Good Form on all. **Could do 10 Reps of each for one round**

Frontal Raises / Diagonal Raises/ Lateral Raises / W squeezes / Y-T-W's

Suggestion: Plank Hold & Push-ups: holding a full plank count 10 and push up on 10. Repeat 6 times!

Lunge family: Keep chest up and Eyes forward.

Forward Lunge / Reverse Lunge / Split Squat R & L / Rev. Lunge Knee Drive R & L / lunge Jumps / See Saw lunges / Lunge Squat Matrix

Full Body & Run family:

Full burpees / Burpees [no push] / Squat Thrusters / Jumping Jacks / 5 Jumps and 5 Tuck Jumps / Bounds, forwards & or Lateral / Sprint in Place / High Knees

Core & Back family:

Y-Hold / Swimmers / Superman Pumps / Bear Crawl [forwards, Backwards, sideways or a combo] / Back Burns / W-hold or Superman Hold / Dead Bugs / Pointers

**** Peloton Ap:** Pick something from the Cardio section. Can do multiple ones to add up to about 20min. the Fit Family Fun is good to do or any of the HIIT. You also get to see a good form of the exercise.