

CIRCUIT 2

Wk 7

[30 min]

9 Exercises: 1 Minute for each.
Do the # of reps and rest or work the entire minute.

1 Minute rest after all 9. Go through the circuit 3 times

- 1.** 30 Jumping Jacks: Full range of motion touching hands overhead and to your thighs
- 2.** 10 Full Burpees: As fast as possible and with good form
- 3.** 80 Russian Twists: Tap a ball or weight on the ground each side
- 4.** 40 Plank jacks: in a ½ Plank.
- 5.** 16 Drop Squats & lunge Jump. Drop squat then lunge jump with R Leg forward =1 Drop squat then Lunge Jump L Leg forward =2 Touch the ground on each Squat & Lunge Jump, and jump feet back to starting position.
- 6.** 8 Push Ups to Downward dog with alt. Hand to foot.
1 Push up, then Downward dog, the right hand to Left Foot and left hand to right foot. =1.
- 7.** 16 Spider Squat Thrusters. Jump feet to the outside of your hands & Stand up between each one.
- 8.** 10 Chair or bench Dips & 15 Cobras: Keep elbows in.
- 9.** 20 Squats & Knee Drives: Squat with hands behind head, then Drive R Knee to Right Elbow =1. Squat, then knee drive L=2.