

CIRCUIT 3 Twice Through [42 min]

6 Stations: All **:45** Work **:15** Rest. Extra **:30** between stations

So **:45** rest after exercise **#3** [3:30/21]

Station 1.

1. Squat to Plank to Push up Ladder

1 to transition 1
2 2 etc.

2. Cobras

3. Burpee Bounds

Station 2.

1. Mountain Climbers

2. Quick Feet [2 steps one way/2 steps the other **Fast**]

3. Spider Planks [Back Flat and step feet up to hand, one at a time]

Station 3.

1. Alt. 5 Split Lunge R / 5 Lunge Jumps to switch legs / 5 Split lunge L

2. Drop Squats

3. Reverse Lunges

Station 4.

1. Superman Pumps

2. Push Ups [Steady, go onto knees if needed]

3. Y Hold (Squeeze shoulder blades together)

Station 5.

1. Lateral Bounds [Speed skaters, jump sideways on one leg back & forth]

2. Squats

3. Bear Crawl [Alt. 6 Steps Forwards 6 steps Backward, keeping knees 3 inches off ground. Back Flat!]

Station 6. Holding a canned food in each hand

1. Frontal Raises [Palms Down, Arms Straight]

2. Lateral Raises [Palms Down, Arms Straight]

3. W-Shoulder Squeezes [Palms Facing to start then open at the W]