

CIRCUIT 3 Wk 2 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. Sprint / Back Pedal [Sprint 20-30 yrds. / back pedal steady back to the start]
2. Squats [Sit back on heels, chest up, eyes forward, squat to legs at 90°]
3. Streamline Jumps. [Squat down as low as possible, place both hands on the ground then spring up into a high Streamline jump. Get into a good line]

Station 2.

1. Push Ups [Steady, go onto knees if needed]
2. Dead Bugs [Keep Arms Straight, get back to the start position every time, don't rush]
3. Mountain Climbers [Back Flat and pull Knees Through as fast as possible with good form]

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. Cobras [hands under chest elbows close to body]
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]