

**CIRCUIT 3:****[Wk 3]****Twice Through [35min]**

2 ½ Min work [30 sec of each exercise] :30 sec. rest

**Rest 1-2 Minutes before repeating. Make sure you are drinking water!**

- Split Squat R:** Right leg Forward Left Leg back in the reverse Lunge position. Squat Up & down  
**Split Squat L:** Left leg Forward Right Leg back in the reverse Lunge position.  
**Squat Pulses:** From a low squat position, pulse up and down [not a full range squat]  
**Speed Squats:** With good form, as fast as possible, full range of motion! keep chest & eyes forward  
**Drop Squats:** Keep chest up and eyes forward. Squat to touch the ground, not bend over.
- Burpees:** Streamline jump, squat, jump legs back, jump legs through & repeat. [no push up]  
**Push Ups:** As many as possible. Do on knees if need to  
**Mountain Climbers:** Hold a good plank and pull knees through, one at a time, as far forward as possible  
**Cobras:** Hands under hips, elbows in tight  
**Full Plank:** Shoulder over wrists, back flat
- Flutter Kicks.:** Legs Straight, toes pointed. [Hands under hips if needed]  
**Plank Alt. Leg Lifts:** From the ½ plank position, raise the legs, one at a time, toes down.  
**Dead Bugs:** Make sure you are straightening arms and legs out fully  
**Reverse Crunches:** Pull Knees in, straighten legs at 90°, bend knees and straighten legs out  
**Spider Plank:** holding a good plank place right foot up by the right hand and back. Repeat with the left
- Reverse Lunge knee Drive R:** Lunge back with the left leg, then drive it back up bringing the Left knee as high as possible. Repeat as Fast as possible and with a Jump if you can  
**Reverse Lunge Knee Drive L:** lunge back with Right leg etc.  
**Forward Lunges:** holding a Streamline! Keep chest up, eyes forwards  
**Squat Hold:** holding a good Squat. Knees at 90°, eyes and chest up, hold arms out straight in front.  
**180 Squat Jumps:** Alt. ways your rotate. Get a good height and land controlled
- Frontal Raises:** Palms Down, Arms Straight. **[Hold 2-5lbs weights or canned Goods]**  
**Diagonal Raises:** Palms Down, Arms Straight  
**Lateral Raises:** Palms Down, Arms Straight.  
**W-Shoulder Squeezes:** Palms Facing to start then open at the W  
**Y-T-W's:** lift arms up to a Y, [Palms down] then down to shoulder height out front and out to a T [Palms Facing], back to shoulder height out front, then back to a W [Keep elbows level with shoulders and squeeze].
- A-Skips:** Drive your knee high each skip and drive your arms.  
**Quick Feet:** 2 Steps forwards/2 steps Backwards as if over a line.  
**Run in Place:** Fast, driving your arms and knees up  
**Quick Feet in and out:** 2 Steps to one side/2 steps to the other as if over a line.  
**Jumps:** 5 Quick Jumps Like jumping rope then 5 Tuck Jumps [Repeat as many times as possible]