

CIRCUIT 3

[Wk 5] [35/6 min]

Twice Through 2 Min work. :30 sec. rest [17]

Rest 1-2 Min before repeating.

Make sure you are drinking water!

1. **:30 seconds of Each:**

Split Squat R: Right leg Forward Left Leg back in the reverse Lunge position. Squat up and down
[knee almost touching the floor each split squat]

Split Squat L: Left leg Forward Right Leg back in the reverse Lunge position.

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.

2. **1 Min T-Push Ups Alt.:** Good push up the raise one arm and rotate looking up towards Hand

1 Min Squats & Hold Ladder: 1 Squat, Squat hold for, 2 Squats, Squat hold for 2, 3 Squats, Squat hold for 3 ASO

3. **:30 seconds of Each:**

Jump Rope: If you don't have a rope, just jump on 2 feet, turning hands at side as if had a rope

Run in Place: Fast, driving your arms and knees up

Jump Rope: If you don't have a rope, just jump on 2 feet, turning hands at side as if had a rope

Jumps: 5 Quick Jumps Like jumping rope then 5 Tuck Jumps [Repeat as many times as possible]

4. **:30 seconds of Each:**

Y-Hold: Arms out Straight, Chest up, Thighs off the ground

Swimmers: Keep arms straight and alt. arms and legs off the ground

Superman Hold: Palms down, arms in a W [Elbows at 90], chest up, squeeze shoulder blades together

Superman Pumps: Raise Chest & Thighs as high as possible, up and down

5. **:30 sec. Dips:** Have Hands on a Chair or bench, keeping back as close to the chair, lower your body to the ground and back up. Keep elbows in and Legs straight and on heels.

[modification bend knees and have feet flat]

1 Min Streamline Forward Lunges: Good Form and Balance. Keep chest & eyes forward

:30 sec. Dips:

6. **1 Min Dead Bugs:** Make sure you are straightening arms and legs out fully

1 Min Bear Crawl: Alt. 4 Steps forward and backwards then 4 steps lateral tone way then the other keeping knees 3" off ground

7. **Jumping Jacks:** 2 Minute straight! Alternating 10 Regular and 10 Munchkin [In a squat]