

CIRCUIT 3

[Wk 6]

3 Min work / 1 Min Rest [40]

- Each Station alternates between 2 exercises and decreases time per exercise.
- :45 of each / :30 of each / :15 of each.
- Get faster and more explosive as the time decreases.

1. **:45 Jumping Jacks** Clap hands over head and touch your thighs

:45 Full Burpees Good Form. Streamline Jump, then Jump feet back to a good Plank & push up, jump feet back through

:30 Jumping Jacks

:30 Full Burpees

:15 Jumping Jacks

:15 Full Burpees

2. **Bear Crawl** alt. 4 Steps Forwards and Back, then 2 Steps Sideways and back. Keep, backs Flat, Shoulders over wrists & knees 2" off the ground.

On :15 Hold bear Crawl position and Tap Left and to Right Knee & switch

Reverse Lunges: [Keep chest up and good balance]. **Do Lunge Jumps on :15 sec**

3. **High Knees:** Pump arms and drive Knees High

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]. **Can do this holding canned goods.**

4. **Y-Hold** Arms out Straight, Chest up, Thighs off the ground

Flutter Kicks.: Legs Straight, toes pointed. [Hands under hips if needed]

5. **Row Boats:** Modification lean back on elbows and work legs only needed

Plank Jacks: In the ½ plank position keep back flat, jump feet out & in as fast as possible

6. **Speed Squats:** [Sit back through the heels keep chest & eyes forward]. **Do Squat Jumps on :15 sec**

Mountain Climbers: [Hold a good plank and pull knees through, one at a time, as far forward as possible]

7. **Cobras:** Hands under hips, elbows in tight

Swimmers: arms & Legs straight, chest and Thighs as high as possible.

8. **Butt Kicks:** Get heels up and move feet fast

Spider Plank: holding a good plank place right foot up by the right hand and back. Repeat with the left

9. **Dead Bugs:** Make sure you are straightening arms and legs out fully

Push Ups./Shoulder Taps: Alt. 1 Push up /2 Shoulder taps. Good form

10. **Run/Sprint in Place:** Fast, driving your arms and knees up

Forward Lunges: holding a Streamline! Keep chest up, eyes forwards **Do Lunge Jumps on :15 sec**