

CIRCUIT 3

Wk 7

1000 Rep Challenge!

10 sets of 100 reps! Rest 1Min after each 100

- 1.** Alt. 4 Squats/1 Full Burpee [x20]:
- 2.** Lunges: Alt. 10 Streamline forward Lunges / 10 Lunge Jumps [5x]
- 3.** Raises: 10 Forward 10 Diagonal 10 Lateral 10 W-Shoulder Squeezes 10 Y-T-W's [x2]
- 4.** 10 Plank Leg Raises & 10 Plank Jacks: Both in a ½ Plank [5x]
[controlled and keep foot flexed]
- 5.** Jumping Jacks. Alt. 10 Regular and 10 Munchkin. [5x]
Hands together overhead and touch thighs each time!
- 6.** 10 Up Downs [AKA Plank Walks] / 10 Mountain Climbers [R/L =1]
- 7.** 10 Speed Skaters: Jump side to side, touching the ground with the opposite hand each time
10 Drop Squats. Touch the ground on each one! [5x]
- 8.** 10 Superman Pumps Arms and legs straight. Chest & Thighs off the ground as high as possible
10 Cobras: Keep elbows in. [5x]
- 9.** 10 High Knees [R/L=1] / 10 Butt Kicks [R/L=1] [5x]
- 10.** 10 Swimmers [R/L=1] / 10 Dead Bugs [5x]
Controlled and always come back to the start position