

CIRCUIT : [Wk 4] Do a 15-20 Minute Circuit.

You can make up your own circuit using the following exercises and Ideas.

***If you prefer to pick a circuit from previous weeks, you can.**

Do a Minimum of 30 seconds up to a minute of each Exercise, or a certain # of reps Like 60 Squats or 10 Slow push-ups etc. Pick 1-3 exercises from each family then go through as many times as needed changing up the exercises.

Squat family: Sit back through the heels keep chest & eyes forward.

Squats / Drop Squats / Squat Jumps / 180 Squats / Wall Sit / Squat Hold

Suggestion: Squat & Squat hold ladder: 1 Squat then a Squat Hold for 1 Count, 2 Squats then a Squat hold for 2 Counts, 3 Squats etc. up to 10 squats and a squat hold for 10 counts.

Plank/Push-ups Family: Good Form on all.

Mountain Climbers / Push-ups [can do on knees] / Spider Planks / Cobras / Plank Jacks / Shoulder Taps [Slow & Controlled]

Suggestion: Plank Hold & Push-ups: holding a full plank count 10 and push up on 10. Repeat 6 times!

Shoulder Family: Good Form on all. **Could do 10 Reps of each for one round**

Frontal Raises / Diagonal Raises/ Lateral Raises / W squeezes / Y-T-W's

Suggestion: Plank Hold & Push-ups: holding a full plank count 10 and push up on 10. Repeat 6 times!

Lunge family: Keep chest up and Eyes forward.

Forward Lunge / Reverse Lunge / Split Squat R & L / Rev. Lunge Knee Drive R & L / lunge Jumps / See Saw lunges / Lunge Squat Matrix

Full Body & Run family:

Full burpees / Burpees [no push] / Squat Thrusters / Jumping Jacks / 5 Jumps and 5 Tuck Jumps / Bounds, forwards & or Lateral / Sprint in Place / High Knees

Core & Back family:

Y-Hold / Swimmers / Superman Pumps / Bear Crawl [forwards, Backwards, sideways or a combo] / Back Burns / W-hold or Superman Hold / Dead Bugs / Pointers

- **Yoga.** Improve flexibility, body posture and relax.

Easy relaxing 20minute Yoga for beginners.

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

Build on the Yoga and check out More Yoga with Adriene:

<https://yogawithadriene.com/free-yoga-videos/>