

Circuit 1-Corona Circuit

8 Stations- 2.5 Min on Hard Aerobic/ 1 Min on Power/ 1 Min Rest and switch

3.24.20 and 3.26.20

1. Run and Squats
 - a. Run hard out and back 1 min 15 secs each way
 - b. Squats - work proper form not allowing back/chest to come forward
2. Jumping Jacks and Lunges
 - a. Jumping Jacks for 2.5 minutes
 - b. Reverse Lunges
3. Planks and Bird Dogs
 - a. Full Plank Hold
 - b. Bird Dogs :30/:30
4. Super Legs and Pull Ups or Push Ups
 - a. Super Legs = 10 x squats, 10x Lunge Pump R, 10x Lunge Pump L, 10 x Scissor (lunge jumps), 10 x jump squats CONTINUOUS
 - b. Total Gym Pull Ups
5. Run and Jumps
 - a. Run hard out and back 1 min 15 secs each way
 - b. Wall Sit
6. Jump Rope and Squat Thrusters
 - a. Jump Rope (if no jump rope: simulate)
 - b. Squat Thrusters
7. Crawl and Hold- In Hallway
 - a. Bear Crawl in place with twist- Rarm+LLeg 1 step front and back, LArm+RLeg 1 step front and back, then R Elbow to LKnee under body and then LEbow and R Knee under body
 - b. Rabbit Chasers
8. Core Burner
 - a. :60 Flutter Kicks/:60 Small Scissors/:30 Large Scissors
 - b. Russian Twists (weight optional- grab anything you can find ie bag of flour, rock, etc.)