

Circuit Training

Repeat 2 – 4 times! – 1 minute per exercise.

Rest in between circuits, as little as possible between exercises! Rest for 60 seconds after each set.

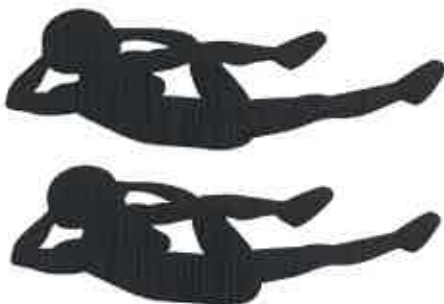
Perform 3 – 4 days a week.



JUMPING JACKS



SQUAT JACKS



BICYCLES



PUSH UPS



LUNGES



PLANK

CONDITIONING

CIRCUIT 1 (15 Seconds rest in between exercise, 15 seconds rest before Moving to circuit 2)

20 Jumping Jacks



**40 High Knee's
(Running in place)**



30 second Plank



CIRCUIT 2 (15 Seconds rest in between exercise, 30 seconds rest before Moving to circuit 3)

40 Butt Kicks



10 Press-ups



20 Second Plank



CIRCUIT 3 (30 Seconds rest before returning to Circuit 1 – complete 2 – 3 Times)

10 Squat Jumps



**10 Lunges
(Each Leg)**



20 Second Wall Sit



CONDITIONING

1 MINUTE WORKING TO 1 ½ MINUTES

CIRCUIT 1 (15 Seconds rest in between exercise, 15 seconds rest before Moving to circuit 2)

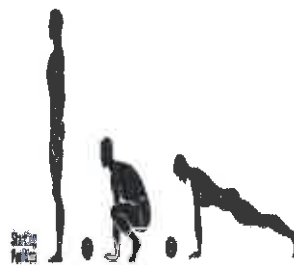
**Running
(In place)**



Box Jumps



Squat Thrusts



**High Knee's
(Running in place)**



CIRCUIT 2 (15 Seconds rest in between exercise, 15 seconds rest before Moving to circuit 3)

Bicycle Crunch



**Running
(In place)**



Plank



Sit-ups



CIRCUIT 3 (15 Seconds rest in between exercise, 15 seconds rest before Moving to circuit 4)

Press – ups



Tricep - dips



Running



Reverse Plank Kicks



CIRCUIT3 (15 Seconds rest in between exercise)

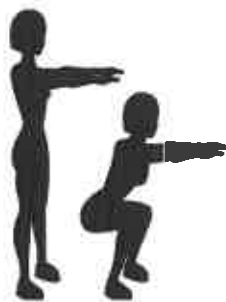
Lunges



Burpees



Squats



Running

