

BUILD YOUR OWN CIRCUIT

WARM-UP: (5 MINUTES)

TOTAL OF 5 MINUTES USING AT LEAST 4 DIFFERENT DYNAMIC EXERCISES

CIRCUIT 1: (2 REPEATS)

60S EACH / QUICK-CHANGE

- 1) LOWER BODY EXERCISE
- 2) LOWER BODY EXERCISE
- 3) DYNAMIC EXERCISE
- 4) UPPER BODY EXERCISE
- 5) CORE EXERCISE

CIRCUIT 2: (2 REPEATS)

60S EACH / QUICK-CHANGE

- 1) LOWER BODY EXERCISE
- 2) UPPER BODY EXERCISE
- 3) DYNAMIC EXERCISE
- 4) DYNAMIC EXERCISE
- 5) CORE EXERCISE

CIRCUIT 3: (2 REPEATS)

60S EACH / QUICK-CHANGE

- 1) LOWER BODY EXERCISE
- 2) UPPER BODY EXERCISE
- 3) DYNAMIC EXERCISE
- 4) CORE EXERCISE
- 5) CORE EXERCISE

COOL-DOWN:

30S EACH STRETCH

- 1) CALF STRETCH (EACH SIDE)
- 2) TOE TOUCH
- 3) QUAD STRETCH (EACH SIDE)
- 4) ARM ACROSS CHEST (EACH SIDE)
- 5) CHEST STRETCH

LOWER BODY EXERCISES:

- 1) DEEP SQUAT HOLD
- 2) SQUATS
- 3) SUMO SQUATS
- 4) LUNGES
- 5) WALL SIT
- 6) SQUAT JUMPS
- 7) SPLIT SQUATS
- 8) GLUTE BRIDGE
- 9) SINGLE LEG GLUTE BRIDGE

DYNAMIC EXERCISES:

- 1) TUCK JUMPS
- 2) BURPEES
- 3) MOUNTAIN CLIMBERS
- 4) FLOOR-TOUCH STAR JUMPS
- 5) RUNNING ON THE SPOT
- 6) HIGH-KNEES
- 7) KICK-BACKS
- 8) JUMPING ON THE SPOT

UPPER BODY EXERCISES:

- 1) PRESS-UPS
- 2) TRICEPS DIPS
- 3) INCLINE PRESS-UPS
- 4) LATERAL RAISE HOLD
- 5) DECLINE PRESS UPS
- 6) FRONT RAISES
- 7) DIAMOND PRESS-UPS

CORE EXERCISES:

- 1) RUSSIAN TWISTS
- 2) AB-CYCLES
- 3) SIDE-PLANK
- 4) FLUTTER KICKS
- 5) LEG RAISES
- 6) V-SITS
- 7) PLANK
- 8) HEEL-TAPS
- 9) BOX PLANK
- 10) TOE TAPS
- 11) DEAD-BUG

