

CIRCUIT TRAINING INSTRUCTIONS

Week 1 – 4 (or until easy)

LEVEL 1

30 SEC EACH EXERCISE

15 SEC REST BETWEEN

Week 5 – until easy

LEVEL 2

45 SEC EACH EXERCISE

15 SEC REST BETWEEN

LEVEL 3 - Maintenance Level

60 SEC EACH EXERCISE

15 SEC REST BETWEEN

FREQUENCY:

REPEAT SET AFTER 15 MIN. REST

1: SUPERMAN



Lie on stomach, belly button to spine

Arms extended forward, both sides of head,

Lift both arms and legs up,

Keeping both straight

Hold for the count.



2: Jump Rope



Jump up and down as though skipping rope, may vary by jumping both feet side to side
Continue for the required count.

2 Alternate

SIDE LUNGES

(PEOPLE WITH BAD KNEES)

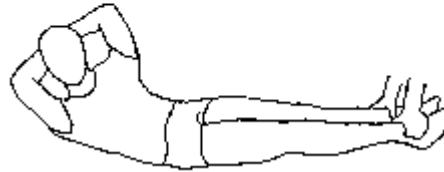
STAND STRAIGHT, FEET WIDE

SQUAT LUNGE ALTENATING
OVER EACH KNEE

KEEP KNEES BEHIND TOES

DO AS MANY AS TIME ALLOWS

3:Right Side Crunch



LIE ON RIGHT SIDE
PLACE RIGHT HAND BEHIND
NECK
EXTEND BOTTOM ARM FOR
STABILITY
LIFT SIDEWISE TOWARD FEET
DO NUMBER TIME PERMITS
INCREASE DIFFICULTY BY
LIFTING LEGS AT THE SAME
TIME AS ARM
AND/OR PUT BOTH HANDS
BEHIND HEAD
(DO NOT PULL ON HEAD)

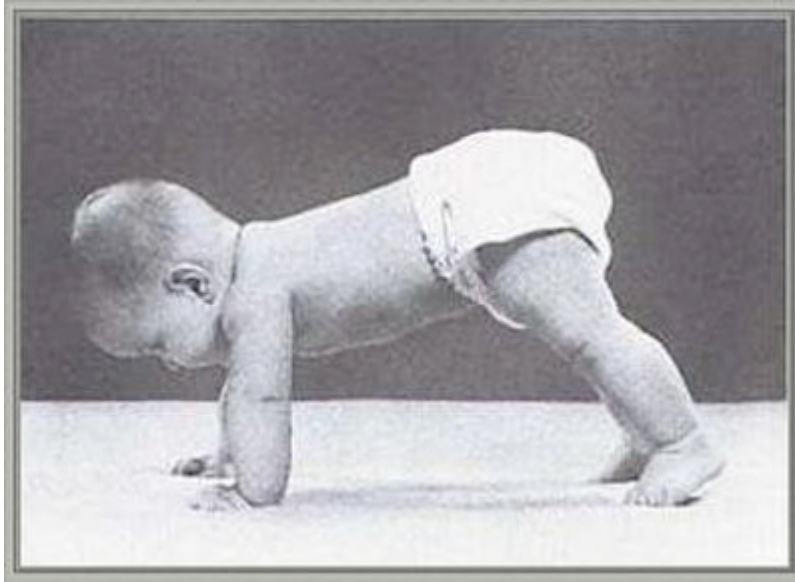
4

Ladder Jump



PRETEND YOU ARE DOING
HOPSCOTCH
INCREASE DIFFICULTY WITH
SPEED, CONTINUE FOR TIME

5: Push Ups



THE ABOVE, WHILE CUTE, IS BAD TECHNIQUE!!!

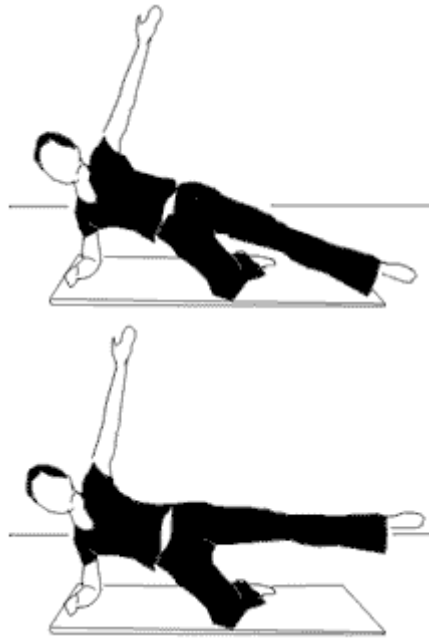
FULL LENGTH OR BENT KNEE
ELBOWS SHOULD BE FACING
BACKWARDS
CHEST AND HEAD SHOULD
COME DOWN TOGETHER,
BACK STRAIGHT, BELOW THE
ELBOW HEIGHT.
DO AS MANY AS TIME ALLOWS

6: Lunge with a Twist



ALTERNATE LEG LUNGES,
UPPER BODY/ARMS AND
SHOULDERS TWIST AS UNIT TO
EACH SIDE TWICE FOR EACH
LUNGE.
DO AS MANY AS TIME ALLOWS

7: Right Side Plank



DEGREES OF DIFFICULTY

LEAST: BENT LEFT ARM AND BENT LEFT LEG, STRAIGHT RIGHT ARM, LIFT TO SIDE, HOLD FOR TIME

LEVEL 2: BENT ARM, BOTH LEGS STRAIGHT, LIFT AND HOLD

LEVEL 3: STRAIGHT LEFT ARM, BENT LEFT LEG, LIFT AND HOLD

LEVEL 4: STRAIGHT LEFT ARM, STRAIGHT LEGS, LIFT AND HOLD

7: Forward Plank

(IF SHOULDER PROBLEMS)

DEGREES OF DIFFICULTY

LEAST: FOLD ARMS UNDER SHOULDERS, LIFT BODY UP ON TOES, KEEPING LEGS AND BODY STRAIGHT AND LOW, HOLD (increase difficulty by lifting right leg)

LEVEL 2: HANDS STRAIGHT UNDER SHOULDERS, ARMS STRAIGHT, BELLY BUTTON TO SPINE, LIFT BODY UP ON TOES, KEEPING LEGS AND BODY STRAIGHT AND LOW, HOLD

LEVEL 3: HANDS STRAIGHT UNDER SHOULDERS, ARMS STRAIGHT, LIFT BODY UP ON TOES, KEEPING LEGS AND BODY STRAIGHT AND LOW, LIFT RIGHT LEG UP AND HOLD



8

Abductor Sit up



BENT LEG SIT UPS, HANDS
BEHIND HEAD (don't pull neck)
ALTERNATE OPPOSITE ELBOW
TO OPPOSITE KNEE
DO AS MANY AS TIME ALLOWS



9

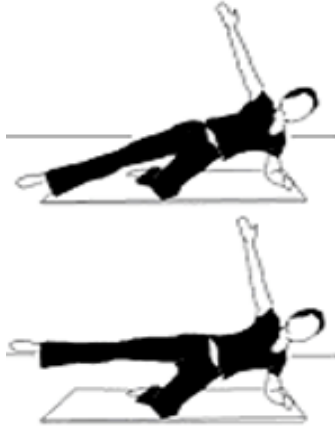
Side Jump

FEET TOGETHER, KNEES
TOGETHER,
JUMP SIDE TO SIDE, AS
THOUGH SLALOM SKIING
DO AS MANY AS POSSIBLE IN
TIME ALLOWED



10: SWIM

LIE ON STOMACH, ARMS
STRAIGHT FORWARD. BELLY
TUCKED TO SPINE
LIFT OPPOSITE ARM AND LEG,
CHANGE (RIGHT ARM, LEFT LEG;
LEFT ARM, RIGHT LEG)
IN A SWIMMING MOTION
INCREASE DIFFICULTY BY
INCREASING SPEED
OR LIFTING HEAD, ARMS, LEGS,
ARCHING BACK
CONTINUE FOR REQUIRED TIME



11: Left Side Plank

DEGREES OF DIFFICULTY

LEAST: BENT RIGHT ARM AND BENT RIGHT LEG, LEFT ARM STRAIGHT UP, LIFT TO SIDE

LEVEL 2: BENT RIGHT ARM, BOTH LEGS STRAIGHT

LEVEL 3: STRAIGHT RIGHT ARM, BENT RIGHT LEG, LIFT

LEVEL 4: STRAIGHT RIGHT ARM, STRAIGHT LEGS, LIFT HOLD FOR THE REQUIRED LENGTH OF TIME

11: Alternate Forward Plank

DEGREES OF DIFFICULTY

LEAST: FOLD ARMS UNDER SHOULDERS, LIFT BODY UP ON TOES, KEEPING LEGS AND BODY STRAIGHT AND LOW, HOLD (increase difficulty by lifting left leg)

LEVEL 2: HANDS STRAIGHT UNDER SHOULDERS, ARMS STRAIGHT. LIFT BODY UP ON TOES, KEEPING LEGS AND BODY STRAIGHT AND LOW, HOLD

LEVEL 3: HANDS STRAIGHT UNDER SHOULDERS, ARMS STRAIGHT, LIFT BODY UP ON TOES, KEEPING LEGS AND BODY STRAIGHT AND LOW, LIFT LEFT LEG STRAIGHT HOLD

12: Wall Sit



BACK STRAIGHT AGAINST
WALL
THIGHS PARALLEL TO FLOOR
KNEES BEHIND TOES
HOLD FOR REQUIRED TIME



13: Left Side Crunch



LIE ON RIGHT SIDE
PLACE RIGHT HAND BEHIND
HEAD; EXTEND BOTTOM ARM
FOR STABILITY, LIFT SIDEWISE
TOWARD FEET. DO NUMBER
TIME PERMITS
INCREASE DIFFICULTY BY
LIFTING LEGS AT THE SAME
TIME AS ARM AND/OR PUT
BOTH HANDS BEHIND HEAD
(DO NOT PULL ON HEAD)

14 :Jumpies



EXPLOSIVE FROG JUMP
LIFT FEET UP TOGETHER,
KNEES OUT PUSH DOWN WITH
HANDS.
JUMP AS HIGH AS POSSIBLE
DO AS MANY AS TIME PERMITS

14 :ALTERNATIVE FROG SQUAT

WIDE STANCE
FEET APART, TOES OUT
SQUAT, MAKING SURE
KNEES DO NOT GO
BEYOND TOES,
BACK IS STRAIGHT,
PUSH DOWN WITH
HANDS
DO AS MANY AS TIME
ALLOWS.



15:Dead Bugs

(f)

LIE ON BACK, LEGS STRAIGHT,
ARMS ABOVE HEAD
LIFT ARMS AND LEGS UP
TOGETHER,
LOWER ARMS OVER HEAD AND
LEGS TO JUST ABOVE FLOOR
(OR AT LEVEL BACK STAYS ON
FLOOR) DO AS MANY AS TIME
ALLOWS

EASIER ALTERNATIVE:
LIE ON BACK, LEGS STRAIGHT,
ARMS ABOVE HEAD
LIFT OPPOSITE ARM AND LEG,
ALTERNATE

16: BRIDGE

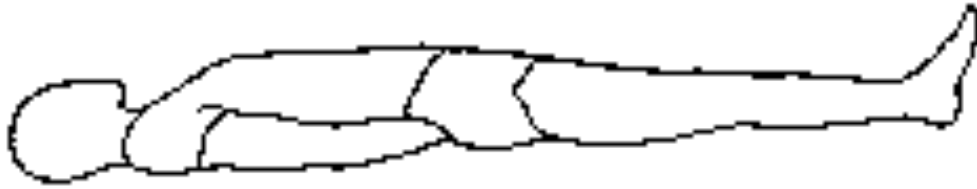
LIE ON BACK, KNEES BENT
FEET TOGETHER FLAT ON
FLOOR

LIFT HIPS, BACK STRAIGHT
AND HOLD FOR COUNT

INCREASE DIFFICULTY BY
LIFTING ONE LEG STRAIGHT
TO HEIGHT OTHER KNEE,
HOLD COUNT TEN
LIFT OTHER LEG AND HOLD
FOR 10, ALTERNATING UNTIL
TIME ELAPSES

17 :Mountain Climbers

STAND, BEND FORWARD
PUT HANDS ON FLOOR, HIPS
UP, FORM V WITH BODY
BRING ONE FOOT UP AS FAR AS
POSSIBLE TOWARD HANDS,
MOVE FOOT BACK,
BRING OPPOSITE FOOT UP AS
FAR AS POSSIBLE TOWARD
HANDS AND MOVE FOOT BACK,
CONTINUE ALTERNATING
MOTION OF FEET,
THE EFFECT IS AS THOUGH
CLIMBING UP HILL (THE
MOUNTAIN) INCREASE
DIFFICULTY BY CHANGING FEET
FASTER



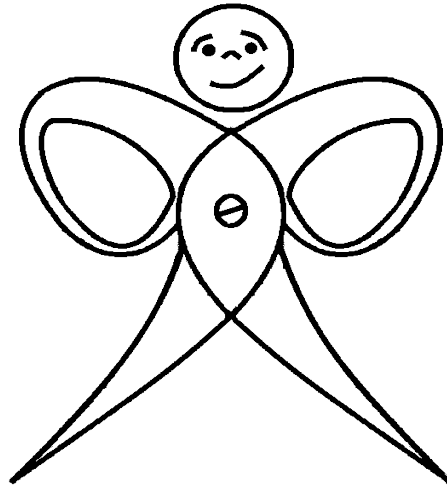
18 :Leg Lift

LIFT LEGS, FEET TOGETHER
AND HOLD REQUIRED TIME
BE SURE BACK IS FLAT ON
FLOOR

INCREASE DIFFICULTY BY
LOWERING LEGS TO JUST
ABOVE FLOOR

19 :Scissors

Color the ScissorGuy



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LIE ON BACK
LIFT LEGS TO 90 DEGREES
LOWER LEGS,
CRISSCROSSING FEET
HOLD AT LEVEL ABLE TO KEEP
BACK ON FLOOR
CONTINUE CRISSCROSS FOR
REQUIRED TIME

20:

10 sec Deep Knee Bends

(5 seconds Down, 5 Seconds up)

**SLOW COUNT
DOWN AND UP**

**BE SURE TO KEEP
KNEES BEHIND TOES
KEEP BACK STRAIGHT,
CHIN UP**