

CIRCUIT TRAINING & CORE

Circuit Training 1

- Pushups (3x10)
- Tricep dips (3x15)
- Nose Dives (3x12) plank w/hands clasped, dive nose to floor
- Curls (dumbbells) (3x15)
- Tricep Extensions (dumbbells)(3x12)
- Bird-dog extensions (get on all 4's<hands& knees>, extend Opposite arm and leg straight) (30sec)
- Step ups (3x15 right leg, 3x15 left leg)
- Squat Jumps (3x12)
- Scissor Jumps (30sec)
- Hurdle leg lifts (sit straight up, one leg bent up Indian style, the Other leg straight out in front, lift straight leg) (2x10 each leg)

Circuit Training 2

- Standing body squats (3x20)
- Forward Lunges (3x15-20)
- Side lunges (3x15-20)
- Calf raises (3x20)
- Inner thigh crunch (lay on side, bend outer leg and lay outer leg Foot on floor, raise "crunch" inner thigh up and down) (3x20 each Leg)
- Spider-man pushups (assume push-up position, while lowering Body, simultaneously lift knee to side (away from body) and Bring up to chest (30sec)
- Mountain climbers (30sec)
- Hip-trunk rotations (lay flat on back arms stretched out to sides forming a lower case t, knees should be bent at 90*, rotate hips attempting to lower knees to the left and right

Core (do in sets of 25) Ex. Rotate through core exercises picking 8-10 core actions on a given day.

- Extended (like a crunch but extend legs out from body (extend)
- Left elbow-> right knee
- Right Elbow-> left knee
- Russian Twist (balance on rear end, legs crossed at ankles and heels raised off ground, twist body from side to side.
- Side Crunch (left, right)
- Side pull throughs(lay with knees bent and heels flat on floor, lean to each side, right & left as if you are trying to reach though legs to touch opposite heel)
- Plank (1min)
- Side plank (left/right 1 min)
- 6 inches (1min)
- 6 inches opposite arm to opposite knee (heels do not drop during the minute)
- Flutter kicks (1min, flutter feet up and down @ 6 inches)
- Scissor (criss cross ankles)
- Superman(60 seconds)
- Superman pulse
- V-ups
- Lay out crunches (lay flat on ground with legs together, crunch upper body up)
- Bicycle
- Pistons (lay flat on back, keep one leg straight while bringing other leg up to chest with knee bent 90* and heel dorsiflexed. Alternate each leg repeatedly like "pistons" (60sec)