

Circuit Training:

A full-body, high intensity workout

Station 1: Jumping Jacks (30 seconds)

- Begin with both feet together, and arms down by your side
- Jump and spread your feet about shoulder width apart
- At the same time, extend your arms out and above your head
- Jump back to beginning position
- Repeat

1 Minute Rest

Station 2: Lunges (30 seconds)

- Stand with one foot in front of the other
- Bend straight down so the front knee is at a 90 degree angle and back knee is almost touching the ground
- Return to beginning position
- Switch so that the foot that was in the back is now in the front and repeat the steps

1 Minute Rest

Station 3: Crunches/Sit Ups (30 seconds)

- Lay down on your back with knees bent and feet on the floor
- Place hands behind your head
- Sit straight up, keeping your neck straight
- Repeat

1 Minute Rest

- Station 4: Push Ups (30 seconds)
- Lay down on your stomach
- Place palms on the floor underneath your shoulders
- With your hands, push your body up while keeping your body in a straight line
- Bend your and lower your chest to the floor
- Push your body back up until your elbows are not bent
- Repeat

1 Minute Rest

Station 5: Medicine Ball Squats (30 seconds)

- Stand with feet shoulder width apart
- Hold the medicine ball at your chest
- Bend your knees until they are at a 90 degree angle
- Stand back up, and lift medicine ball above your head
- Lower the medicine ball back to your chest
- Repeat

2 Minute Rest

Repeat the circuit at least three times.