

Strength Circuits

LEGS

1. Box Jumps
2. Wall Sits
3. Classic Jumps
4. Skate Jumps

ARMS

1. Rollerboards
2. Dips
3. Bungees

ABS

1. Crunches (sit ups)
2. Scissor Kicks (on back lift legs and flutter kick, hands behind hips to support lower back)
3. Medicine Ball (twist from side to side, feet off floor or pass to partner)

CORE

1. Plank Holds - (push up pose but with forearm on ground - HOLD - can do side holds too)
2. Superman (on stomach reach forward, bring arms and legs up off floor slowly, repeat)
3. Scissor kicks (on back or sides)
4. Hip Lifts (on back, knees bent, lift hips)

BALANCE

1. Alternate one-leg at time (right/left leg pushes back, right/left arm punches forward)
2. One arm, one leg reach (on one leg reach up in air then bend to touch toe)

REMEMBER!

Do each 30 times...
...followed by 30 second rest
...do another 30 reps then...

MOVE TO NEXT STATION

Do all areas of the body!
TOTAL Workout = 20 min