



# Circuit Training

**Directions:** Do each exercise at a high intensity level for **30 seconds**. Without stopping, jog in place to the next station. Take a drink of water. Complete the exercise for the next station. Repeat the entire circuit 2 more times. Do as many as you can in 30 seconds for each exercise. Don't forget to drink plenty of water!! Detailed instructions start on the next page.

## Routine:

### 1. Run in place



### 2. Jumping Jacks



### 3. Lunges



### 4. Frog Jumps



### 5. Crunches



### 6. Squats



### 7. Push-ups

Left: Moderate



Right side: Regular



### 8. Wall Sits





## Step-by-Step Instructions:

### Run in place-

- Lift your right arm and left foot at the same time
- Raise your knee to hip height
- Then switch to the opposite foot, quickly lifting your right foot to hip height
- At the same time, move your right arm back and your left arm forward and up
- Repeat

### Jumping Jacks-

- Stand upright with your legs together, arms at your sides
- Bend your knees slightly, and jump into the air
- As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head (see picture).
- Jump back to starting position
- Repeat

### Squats-

- Stand straight with feet hip-width apart
- Tighten your stomach muscles
- Lower down, as if sitting in an invisible chair
- Straighten your legs to lift back up
- Repeat

### Frog Jumps-

- Standing straight up, bring your feet outside of shoulder width
- Squat down by bending at the knees and driving your hips back
- Keeping your chest up, forcefully push off the ground with the balls of your feet
- Land on the balls of your feet, remaining in the squatting position. Your legs will remain wide
- Repeat

### Crunches-

- Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest or behind your neck. Contract your stomach muscles and inhale.
- Exhale and lift your upper body, keeping your head and neck relaxed.
- Inhale and return to the starting position
- Repeat



## Wall Sits-

- Make sure your back is flat against the wall
- Place your feet firmly on the ground, shoulder-width apart, and then about 2 feet out from the wall
- Slide your back down the wall while keeping your core engaged and bending your legs until they're in a 90-degree angle or right angle. Your knees should be directly above your ankles and not out in front of them.
- Hold your position, while contracting your stomach muscles
- Slowly come back to a standing position while leaning against the wall

## Lunges-

- Stand in a split stance with the right foot forward and the left leg back (see picture). The feet should be about 2 to 3 feet apart, depending on your leg length. The split stance will require balance, so hold onto a wall or chair if you feel wobbly. Before you lunge, make sure your upper body is straight and that you're up on the back toe.
- Bend the knees and lower the body down until the back knee is a few inches from the floor.
- At the bottom of the movement, the front thigh should be parallel to the floor and the back knee should point toward the floor. The weight should be evenly distributed between both legs.
- Push back up, keeping the weight in the heel of the front foot.
- Repeat

## Push-ups-

### *Standard*

- Begin in a plank position (see picture)
- Lower your body down close to the floor
- Pause for a second in the plank position as you keep your core engaged
- Exhale as you push up from the ground back to a plank position
- Repeat

### *Modified push-ups*

- Begin in a hands and knees position with your gaze at the floor
- Place your hands on the ground on either side of your shoulders. Your knees should be at a comfortable distance apart
- Inhale as you slowly lower your elbows to bring your chest toward the ground. Be sure to keep your core muscles contracted
- Pause for a second in the lowered position
- Exhale as you push up from the ground to your starting position