



Circuit Workout using Small Apparatuses

Instructions: Complete the first exercise at each station, then a cardio activity. Continue with second exercise followed by cardio, then third exercise and cardio before rotating to the next station. Complete as many reps as possible in 60 seconds & then 60 seconds of cardio for each.

Station 1:

- 2 DB's or weight plates per person
- 1 Step-up Bench per person

Exercise A: Alternating Step-ups with DB's or Weight Plate

Exercise B: Shoulder Press

Exercise C: Spine Lateral Flexion with 1 weight

Station 2:

- 2 Towels per person

Exercise A: Towel Hip Flexion (place towel under one foot, glide foot backwards and then pull upwards with glute and hip until back to upright position)

Exercise B: Towel Push-up Slides (in push-up position or modified position, place towel under each hand – move downward into push-up and slide arms apart at the bottom, then back together before raising back up)

Exercise C: Towel Hip Adduction (place towel under one foot, glide foot outwards to the side, like a side lunge, then pull back inward with inner thigh until back to upright position)

Station 3:

- 2 Exercise Bands per person

Exercise A: Band Quadraplex (on hands & knees, place band around each foot and hold both ends of band in corresponding hand, then extend one leg behind body until straight, switch legs and repeat)

Exercise B: Split Stance Band Bent over row (palms facing body as row)

Exercise C: Alternating Mirrored Band X's (hold one end of band that is anchored at hip level or with partner in each hand, then raise one hand upward with arm straight until bicep is beside ear and lower other arm to your side and then switch)

Station 4:

- 1 Exercise Ball per person at this station

Exercise A: Ball Hamstring Curl (lying on back place heels on ball, push downward into ball and roll in towards buttocks and then back to straight legs)

Exercise B: Back Extension on Ball

Exercise C: Ball Knee Tucks (hands on ground in push up position and feet on ball, move knees inward to chest and then back out)

Cardio Exercises:

- Jog
- Jump Rope
- Skip
- Jumping Jacks
- Lateral Slide Ends, Jog on the sides
- Mini Jumping Jacks
- Speed Skate – forward lateral hops around outside
- Forward/Back Line Hops
- Power Skip for Height
- Lateral Line Hops Touching the ground on each side
- Hop Scotch Ends, Jog on the sides
- Burpees

Recover by walking until Heart Rate decreases & then Stretch