

Body Weight Circuits

	10 exercises, 10 times, 10 reps	5 exercises, (one legs, one arms, one stomach, one back, and one active – high knees) Start at 10 reps, then 12, 14, 16, 18, 20, 18, 16, 14, 12, 10	Continuous circuit 10 stations, Circuit 1 - 30 secs + 15 sec recovery Circuit 2 - 45 secs + 20 secs recovery, Circuit 3 - 25 secs + 10 secs recovery. 30 secs rest between circuits. (choose your own order on all the circuits for the exercises)	Running circuit
1	Press ups	Squats	Tricep dips	Start line – 10 press ups
2	Sit ups	Press ups	Bench jumps	Run to 10m line - 10 squats
3	Back raises	Sit ups	Sit ups	Run back to start line – 10 sit ups
4	Tricep dips	Back raises	Press ups	Run to 20m line – hamstring lowers
5	Burpees	High knees	Squats	Run back to start line – 10 (etc.)
6	Squats		Sit ups (again maybe one with med ball such as twists)	
7	Lunges		Hamstring lowers (stand on one leg bend forward keeping body in line with leg and then pull back up to standing using hamstring then swap legs)	
8	Sit ups (again)		Static hold (plank)	
9	Running on the spot (high knees)		Lunges	
10	Leg Raises (double leg)		Squats	