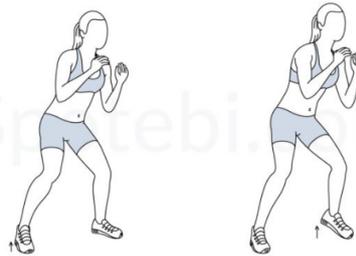




Do each exercise for 45 secs
15 secs rest

Repeat whole circuit as many times
as you can

Fast Feet



Start in an athletic position with your feet shoulder-width apart and your hips low.
Push through the balls of your feet and run in place quickly.
Repeat until the set is complete.

Square Jump Squat



Imagine a box of 4 quadrants or 4 corners on the floor. Start in a squat position and then jump to each corner of the box in a clockwise pattern around to the start position.
Repeat, switching directions halfway through.

Lunge With Hip Extension / Glute Lift



Start with your feet hip-width apart, take a step to the back with your right leg, and lunge.
As you come back up, lift the right leg back and up and squeeze the glutes.
Return to the lunge
Repeat on the same leg until the set is complete.

Hops Side To Side



Stand with your feet at shoulder width apart and lift your left leg off the floor, pointing it behind you.
Bent your right knee slightly and then push through the floor explosively to allow your body to hop from the ground.
As you land, be sure to cushion the impact by once again bending your right knee.
Repeat for the designated number of reps before changing sides.

Lunge With Hip Extension / Glute Lift



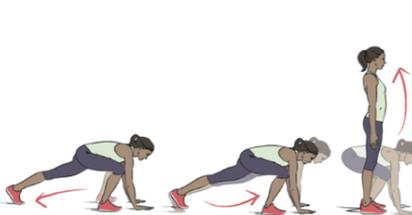
Start with your feet hip-width apart, take a step to the back with your right leg, and lunge.
As you come back up, lift the right leg back and up and squeeze the glutes.
Return to the lunge
Repeat on the same leg until the set is complete.

Basketball Shot Jump Squats



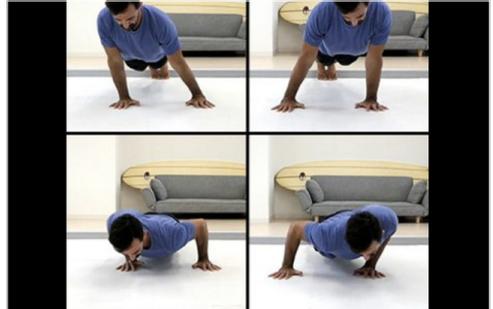
Stand with your feet shoulder-width apart and the toes pointing slightly outward.
Bend your knees, press your hips back, and take both hands close to the floor as if you're picking up a ball
Jump up and extend your arms above your head and shoot!
Land with your knees slightly bent and go back into the squat position.
Repeat

Walking Burpee



Start standing with your feet just outside your hips.
Squat down, keep your chest up
As long as possible.
Place both hands on the floor and step one leg back and then the other to come into a plank position.
Walk the feet back in, squat and stand.
Repeat

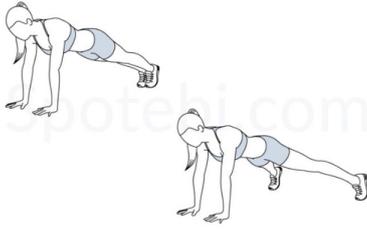
Circle Push Ups



Start in a plank position with arms placed slightly wider than shoulder-width.
Perform a pushup and move your upper body in a circle. Bend one arm to take the chest down towards that arm, then continue the circle around to the other side (imaging drawing a circle with your nose)
Go slow with the movement, especially as you are learning the coordination of it.
Try to hit each part of the circle. You may find you are weaker in certain parts of the circle. That is good information for seeing what you need to work on the most.
Alternate directions after each rep.



Plank Jacks



Start in a push up position with your feet together. Hop your feet as far as you can and land softly on your toes. Jump again to bring your feet back together and repeat.
Option - tap one foot at a time and/or put knees down

Bear Crawl



Crouch down with hands in front of you shoulder-width apart and feet behind you with hips roughly level with the rest of the back and eyes forward. Come on to your toes and keep the knees bent. Crawl forward starting with your right hand and your left foot following with the left hand and the right foot. Take four steps or more depending on space, then turn around and bear walk back or reverse depending on space