

Circuit 1

Run 50m jog, 400m steady, 50m jog

1. Lateral Lunge x 10
2. Body Squats x 10
3. Lateral Leg Lift (“A”): 8 x toe in, 8 x toe neutral, 8 x toe out
4. Groiners (“G”) x 10

Run 50m jog, 400m steady, 50m jog

1. Front Lunge x 10
2. Wide Outs x 10
3. Prone Pedestal x 30 seconds
4. Supine Pedestal x 30 seconds

Run 50m jog, 400m steady, 50m jog

1. Backwards Lunge x 10 reps
2. Back and to the Side Lunge x 10
3. Prone Pedestal Leg Raise x 5 on each leg (10 total)
4. Supine Pedestal Leg Raise x 5 on each leg (10 total)

Run 50m jog, 400m steady, 50m jog

1. Burpies x 10 (don't jump)
2. Push-ups x 5
3. Iron Cross x 10
4. Bridges (“B”) x 10