

# Circuit 2

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

1. Lateral Shuffle x 20m down, 20m back
2. Body squats x 20 reps
3. Lateral Pedestal x 30 seconds
4. Lateral Pedestal (the other side) x 30 seconds

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

1. Front Lunge x 20 reps (10 each leg)
2. Russian Hamstrings x 20 each leg
3. Prone Pedestal x 30 seconds
4. Supine Pedestal x 30 seconds

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

1. Mountain Climbers: singles in x 20 reps
2. Push-ups x 10
3. Mountain Climbers: singles out x 20 reps
4. Bridges ("B") x 10

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

1. Burpies x 10 (don't jump)
2. Running Arms x 30 seconds
3. Lower Body Crawl x 30 reps
4. Australian Crawl x 30 seconds