

Circuit 3

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

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

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

1. Rocket Jumps x 5 reps
2. Russian Hamstrings x 20 each leg
3. Prone Pedestal Leg Lifts x 5 reps each leg
4. Supine Pedestal Leg Lifts x 5 reps each leg

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

1. Mountain Climbers: singles in x 20 reps
2. Wide Outs x 20 reps
3. Mountain Climbers: singles outs x 20 reps
4. Rocky's x 5 reps (push-up with clap)

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

1. Burpies x 10 (don't jump)
2. V-sit with running Arms x 30 seconds
3. Bridges ("B") x 10
4. Australian Crawl x 30 seconds