



Recreational and Team Levels

Hi Parents!

This week I thought we would change up the circuits a bit! As we are feeling some resistance and boredom over here, I thought we could change up the structure of the circuits for variety. Instead of 3 exercises per circuit with 3 rounds, let us try 5 exercises, for 1 or 2 rounds. Feel free to substitute any exercises to make it work for your kiddos!

Team levels stick with higher numbers- 10-15, while rec levels can modify to smaller numbers.

*Candlestick jumps

Pullup or row

Plank rotations

Pushups

Supermans

*Squat jumps

Plank jacks

Pike pushups

Leg lifts (on floor)

Handstand hold

*Lunge walks

Push up jacks

Plank shoulder taps

Bird dog (opposite arm/leg holds)

Pullups

*Ski jumps

Traveling pushups
Butterfly supermans
v-ups
Handstand shoulder taps

*Long jumps

Plank up/downs

Pushups

Runners

Side plank lifts

*One leg hops fwd

Candlestick lifts

Handstand walks

Plank knee/elbow

Burpees

*Sumo jumps

Pullups

Tuck ups

Alternating leg pushups

Plank rotations

*Side lunges

Burpee with pushup

Hollow hold lifts

Row

Superman holds

*One leg squat jumps

Row or pullup

Plank jump knees in

Pushup feet up

Side plank holds each side

*Deadlift walks

Alt toe tap planks

Pike pushups

Opposite knee/elbow planks

Superman with elbows 90 deg

*Reverse lunges

Plank rotations

Traveling pushups

Superman to push up positions

Plank hold one foot up

Some Fun Ideas!

*Squat jumps

5 Back extension rolls(or reg bk roll)

Plank rotations

5 cartwheels

Pushups

*Sprint

HS walks

Cartwheels both sides

Straddle holds

Bear crawls

*Long jump to candlestick

HS fwd roll

Back walkovers or back bend kickovers (less than 5)

Lunge walks

Pushups with runners

*Sumo jumps

Cartwheels

Runners

Bk extension rolls or bkwd rolls

Sprints

*Chasses each leg

Cartwheels both legs

Hs fwd roll-both legs

Bear crawls

Sprint

*You choose! Pick 5 of your favorite exercises!