



Recreational and Team Levels

Hi Everyone! This time I have put together some circuits that are slightly more aerobic in nature. Let's get these heart rates up! I know it can be hard to find motivation at home, so I will try to keep it fun and different. Please feel free to let me know if you have any questions!

Thanks!

| | TEAM | REC |
|---|----------------|--------|
| Jumping jacks | 45 sec | 20 sec |
| Push ups | 10-15 | 5 |
| Side to side jumps | 45 sec | 20 sec |
| | | |
| "Air" squat jumps-jump knees up | 30-45 sec | 20 sec |
| Burpee(no pushup) | 15 | 8 |
| Shoulder taps-pushup pos. | 30-45 sec | 20 sec |
| | | |
| High knee runs | 1 min | 30 sec |
| Alt jumping lunges | 15(every 2 =1) | 5-8 |
| Caterpillar walkout to 20 runners | 10 | 5 |
| | | |
| Straight jump ½ turn (alt direction) | 45 sec | 20 sec |
| Pushups alt legs | 10-15 | 5-8 |
| Runners (push up pos, mountain climber) | 1 min | 30 sec |
| | | |
| Sumo sqt jumps(sumo pos to st jmp) | 45 sec | 20 sec |
| Knee to elbow | 40 | 20 |
| Crab walk | 1 mon | 30 sec |
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| sprinting | 45 sec | 20 sec |
| Piked pushups (hips in air over head) | 15 | 5 |
| Bear crawls | 45 sec | 20 sec |
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| Handstand walks | 50 steps | 20 steps |
| Lateral jumps over line | 30(every 2=1) | 15 |
| ½ burpee (feet in/out) | 20 total | 10 total |
| | | |
| Long jumps | 45 sec | 20 secs |
| Jumping jack pushups | 10-15 | 5-8 |
| Superman X on stomach (lift arms/legs up and out to make an X) | 15 | 10 |
| | | |
| | | |
| | | |
| Bear crawl | 45 sec | 20 sec |
| Plank jacks | 30 | 15 |
| Crab walk | 45 sec | 20 sec |
| | | |
| Shuttle run | 1 min | 30 sec |
| Opposite arm / leg holds plank | 20 | 10 |
| Backwards long jumps | 45 sec | 20 sec |
| | | |
| Fanny kickers (in place) | 1 min | 30 sec |
| Reverse table side toe taps | 40 total | 20 total |
| Mountain climbers (push up position) | 45 sec | 20 sec |
| | | |
| Burpee with pushup | 30 sec | 15 sec |
| Plank rotations | 40 total | 20 total |
| Lateral jumps | 45 sec | 20 sec |

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|-------------------------------------|-------------|-------------|
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| HS walks | 50 steps | 20 steps |
| Burpees with pushup | 20 | 10 |
| Sumo jumps(one hand touches ground) | 30 | 15 |
| | | |
| runners | 50 | 25 |
| sprints | 45 sec | 20 sec |
| One leg hops fwd | 20 each leg | 10 each leg |
| | | |
| Wheel barrel(partner!) | 50-60 steps | 20-30 steps |
| Plank rotations | 40 | 20 |
| Push ups alt leg | 15 | 8 |
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|---|---------------------|---------------------|
| One leg ski jumps(over line side to side) | 40 total each leg | 20 total each leg |
| Traveling pushups | 10 each way | 6 each way |
| Superman lifts | 15(hold 3 sec each) | 10(hold 3 sec each) |
| | | |
| Long jump fwd | 25 | 10 |
| dolphins | 30 | 15 |
| Jumping jacks followed by 5 pushups | 50 | 25 |

Stay Strong! 😊