



Recreational Levels

Hi PA Families! Here are some Rec level circuits from Coach Nicole for your kiddos to try if they wish! Please let us know if you have any questions. Missing Everyone!

Please remember safety first. Have clear, open and safe space to work in. Do these as if your coach was watching you and correcting you, use nice form and alignment, and challenge yourself. 😊

Staying fit can include anything from a family walk or hike to bear crawls, crab walks or raking leaves. Or try out some of the exercises below!

You can do 1, 2 or 3 rounds of these circuits and feel free to substitute with anything you have around the house.

*candlestick to stand and jump

low plank hold 15 sec (on forearms)

high plank (on hands in push up position hold-20 sec)

*straight jump to stick position-10

reverse table hold (tummy to ceiling, knees bent or straight) 20 sec

handstand pike hold feet on wall (hips at 90 degrees)

*bear crawls

long jump stick-15

side plank hold-15 seconds each side

*crab walks

squat jump

modified handstand hold (feet on wall-body at 45 deg)

*lunge walks fwd-20 steps total

chin hold-10-20 sec (if no bar push up hold)

superman hold-20 sec

*push up position-lift each arm and leg for 10 sec each

backwards lunge walks

plank hold-alternating legs-16 total

*side to side jumps 20 total

dolphins (start in plank or push up position-lift buns to ceiling and back down-20)

traveling push up walks-5 walks to the left and 5 to the right...keep body straight

*sprint 10 seconds

5 pushups
bear crawl back

*one leg hops fwd/bkwd/sideways- 10 each way each leg
alternating shoulder taps in push up position
superman lifts-lift hold 5 sec-10 reps

*sprint
10 candlestick jumps
crab walks back

*20 one leg jumps L leg
5 pushups
20 one leg jumps R leg

*caterpillar walks 10 total caterpillars
hollow hold 15 seconds
side to side jumps- 20 total

*candlestick jump half turn-10-15 total
5-8 pushups (can always sub push up hold position)
bird dog-20 reps (on hands and knees-lift opposite arm and leg-keep balanced, no tipping the hip)

*chasse R leg-20 times/chasse L leg 20 times
knees in/out (start in push up position-jump knees in to squat and back out)-10
walkouts-start standing, bend over with hands next to feet-walk out to push up position and back to pike position-10 times total

*Also...you can substitute anything in the circuits with some cardio/aerobic work:
sprints, jumping jacks, high knees in place, long jumps, high jumps, jumping jack to burpee, shuttle runs, etc..

STAY STRONG 😊