



## Team Levels

Hi PA Families! Here are some new 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. 😊

### \*pullups

v-ups followed by 45 sec plank hold  
candlestick jumps

### \*pushups

plank jacks  
walking lunges

### \*handstand hold on wall

plank rotations followed by dolphins on hands  
step ups

### \*back extensions (moving legs/bent or straight)

dolphins on elbows followed by 45 sec plank hold)  
one leg sit to chair

### \*push ups with jack (jump to straddle while push)

side plank lifts  
reverse lunges

### \*pullups

opposite knee to elbow  
pushups with 6 runners in between

### \*superman holds

side plank lifts with leg lift  
modified handstand pushup(teepee)

### \*traveling pushups

plank rotations followed by 10 burpees  
mountain climbers (jumping lunges)

### \*side lunges

burpee with 2 pushups  
shoulder taps on wall

\*pushups with rotation  
sprints (2 X 10 sec)  
squat jumps

\*pushups on physio ball  
sharks  
sumo squat jump

\*pushups with burpee and 5 jumping jacks  
superman to pushup position  
hollow hold with flutters

\*pullups  
plank hold 30 sec right to plank rotations  
one leg candlestick stand up

\*lateral (side to side) jumps  
caterpillar walks  
push up holds

\*Alternating leg pushups  
one leg long hops  
handstand walks

\*side lunges or side to side (lateral) jumps  
alt hand to foot (start in push up position)  
walking pushups (side to side)

\*superman holds-arms out thumbs up  
HS pushups  
v-up to superman(both directions)

\*long jump to squat jump  
reverse table to alt leg lifts  
HS straddle through hold 5 sec

\*pullups or rows  
twisters with weight  
long jump stick to candlestick jump

\*Don't forget presswork and flexibility!

\*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 😊