



Hi everyone! I hope everyone is finding time for some pandemic playtime...as well as some exercise and conditioning! Lets mix it up this week with some strength training and cardio circuits. Try to alternate your circuits and keep that heart rate up. Lastly- try to save 5 minutes a few times a week for stretching- we have a hard time squeezing that in around here! :) Keep sane and keep moving!!

*Jump rope

run in place

jumping jacks

*Long jump to squat jump

Plank hugs

Alternating leg pushups

*Sprints

High skips

Burpee to straight jump

*Pull up or row

Candlestick lifts

HS hold

*Hill repeats

Chasses(both legs)

Backwards long jumps

*Chin hold

Leg lifts (bar or floor)

Dips on char

*Jump rope

Fanny kickers

Sumo jumps

*Pushups feet up

Around the worlds

Lateral jumps

*Long jumps 2 feet

Caterpillar walks out and back

HS shoulder taps

*Row

HS walks/fwd/bkwd

Superman holds

*One leg long jumps (each legs)

Sprints fwd and back

Bear crawl

*Pushups

Plank jacks

Side squat jumps

*Jumping jacks with $\frac{1}{2}$ turn

Crab walks

Jump rope then plank rotations

*Pullups

Alt shoulder taps (push up positions)

Squat jumps to straight jump

*One leg jump rope (both legs)

Burpee to prone plank (no push up)

Mountain climbers

*Fwd lunge/bkwd lunge combo

Pushups with 10 sec hold at end

Superman with arms out (T pos thumbs up)

*Sprint fwds/backwards

High knee runs

Jumping jacks

*Pike pushups

V-ups then plank hold or plank rotations

Single leg squat jump

*Pullup or row

Lateral jumps

Traveling pushups

*Bear crawl/5 pushups

Sprints/5 pushups

Burpee/5 pushups

*Opposite knee elbow

Superman butterfly

Plank rotations

*Sit up holds

Side plank lifts

Plank jacks

*Sprint/5 pushups

HS walks

Knees in/out

*Your choice strength circuit

*Your choice cardio circuit

*Stretch!

Thank you to coach Nicole for creating this workout!