

Cary Holder
JQB Wellness
www.caryholder.com

Circuit Workout

WORKOUT II

WARM-UP

General dynamic warm-up – 5 minutes

WORKOUT

*There are 4 circuits total
There are 4 stations in each circuit
Each station lasts 1 minute
Do each circuit twice before moving to the next circuit*

Circuit I

- Push-ups
- Squats
- Crunches
- Jacks

Circuit II

- Equalizer pull-up
- Hip extensions
- Reverse crunches
- Mountain climbers

Circuit III

- Tubing shoulder press
- Traveling lunges
- Back extensions
- Burpees

Circuit IV

- Squat, curl & press
- Lateral squat
- Plank
- High knees

WALKING RECOVERY 2-4 MINUTES

COOLDOWN/STRETCH

General stretch – 10 minutes



Tonya Nelson

FitBodies Bootcamp – Fitness for Women

(website coming soon)

Circuit Workout

WORKOUT II – ARMS, BACK, CALISTHENICS

WARM-UP

Stationary lunges / Butt kicks / Hi knees / 30 half jacks (jacks in a partial squat position – arms go out and in at 90 deg angle) / 20 push ups / Hamstring stretch / Quad stretch / Calf stretch (curb) Roll arms forward/back / Head rolls

1 mile run

WORKOUT

Circuit I (cardio, abs)

(3 stations marked with cones (campers run to each station, advanced run with DBs in hand)

1. Burpees – 15
 Jacks – 30 (advanced do in air “star jumps”)
2. Downhill skiers (legs together in slight squat, arms at fist at sides – swing arms front & back as you jump from side to side keeping legs together)
 Mountain climbers – 30
3. Side bends – 15 ea
 Squat jumps - 30

Group ABS (Perform 30 seconds each then repeat at 20 seconds each)

Plank / R side plank / 1-leg plank / L side plank / plank w/repeating knee drop / superman / rope for 90 sec
WATER BREAK (double time while next circuit is being explained)

Circuit II (cardio, arms)

REPEAT 3 stations above

Group ARMS (Perform 40 seconds each then repeat at 20 seconds each)

Ballet squat w/curls / hammer curls / reverse grip curls / OH tri press / tri kickbacks / curb dips / rope for 90 sec
WATER BREAK (double time while next circuit is being explained)

Circuit III (cardio, back)

Back (1 min each - split group into 2 and repeat, etc. if needed for equipment reasons)

MB throws (from overhead, thrown down hard in front of feet) / dumbbell rows / reverse flyes / rope for 90 sec

Group canteen relays (2 groups and they compete – 1st team that goes thru all players wins. Losing team runs a lap)

*need 2 6-gallon water jugs/canteens filled full with water, attach long rope

1st person on each team sits w/feet on ground knees bent and pulls the rope one arm over the other as they are pulling the canteen all the way down, camper picks up the canteen and carries it back down to the end and brings rope back to next person in line. 1st person goes to back of line.

While all other campers are waiting their turn, they perform push-ups, sit-ups, mountain climbers etc. and various other calisthenics. Change the calisthenic as each new person takes their turn.

COOLDOWN

Quad, hamstring, calf, hip flexor stretches

Arms out to side (pretend to squeeze orange between shoulder blades)

Triceps stretch, head rolls



Michele Daish

Femme Fit Boot Camp

www.femmefitbootcamp.com

Circuit/Cardio Workout

WORKOUT II – WEEKEND WARRIOR WORKOUT

WARM-UP

5 minute warm up followed by walk/slow jog ½ way around track / stop and 50 jacks / run to start

WORKOUT

Whole body

(Circuit)

DB squat & curl w/alternating knee lift – 2 mins

Walking lunges – 30 sec each x4 (15 sec rest in between to shake legs out)

DB curls to fatigue – 2 mins

Side plank w/extended arm – 30 secs

Full plank – 60 secs

Flip to other side plank w/extended arm – 30 secs

REPEAT

REST

Liners - cardio drills

Run 10 yards & back

Run 20 yards & back

Run 30 yards & back

Run 40 yards & back

Run 50 yards & back

REPEAT 3X

REST

Upper body

Overhead shoulder presses w/hand weights – 1 min

Triceps dips on bench – 1 min

Chop wood w/hand weight cross body – 1 min

Switch sides – 1 min

Punch & jab w/light weights – 1 min

Squat twist w/handweight – 1 min

ABS – 5 min

COOLDOWN

Cool down, stretches



Kristen Cincotti

Fit to Be Personal Training
www.fittobe.googlepages.com

Interval Workout

WORKOUT DAY I

WARM-UP

5-10 minutes general warm-up and dynamic stretching

WORKOUT

Everything done to your LEFT is followed by push ups, that to your RIGHT is followed by crunches

- 1 min- Power skip to the Left 2 pushups
- 1 min- Power skip to the Right 10 crunches
- 1 min- Shuffle Left 4 pushups
- 1 min- Shuffle Right 15 crunches
- 1 min- high knees to the Left 6 pushups
- 1 min- high knees to the Right 20 crunches
- 1 min- karaoke Left 8 pushups
- 1 min- karaoke Right 25 crunches
- 1 min- back peddle to the Left 10 pushups
- 1 min- back peddle to the Right 30 crunches

(Now start back at the top, but work your way down, pyramid-style)

- 1 min- Power skip to the Left 10 pushups
- 1 min- Power skip to the Right 30 crunches
- 1 min- Shuffle Left 8 pushups
- 1 min- Shuffle Right 25 crunches
- 1 min- high knees to the Left 6 pushups
- 1 min- high knees to the Right 20 crunches
- 1 min- karaoke Left 4 pushups
- 1 min- karaoke Right 15 crunches
- 1 min- back peddle to the Left 2 pushups
- 1 min- back peddle to the Right 10 crunches

COOLDOWN

Cool down with general stretching



Susan Schilling

Faithful Fitness
www.faithfulfitness.net

Interval Workout

WACKY WEDNESDAY – WORKOUT II

WARM-UP

10 minutes walk/run laps
Run down (length of tennis court), then walk hands out to 1 push up
run back, walk hands out to 2 push ups etc. on up to 8 (or when the whistle blows)

WORKOUT

RELAY RACE #1 - cones and hurdles (two lines, first two persons go while the others are doing jacks, etc

- Skip through cones / 2 knee jumps over the hurdles
- Face the group and do 5 mountain climbers / sprint back – slap hands of the next persons hand and they go

Drills

- 2 min walking lunges with dumbbells
- 5 min run
- 30 sec wide pushups / 30 sec regular / 30 sec triangle

RELAY RACE #2 - cones and hurdles (like above set-up)

- Shuffle through cones / high knees over hurdles / face group, 5 starbursts (circling arms in and out at the same time as jumping off the ground with both feet abducting) / sprint back and slap, etc.

Drills

- 2 min pivoting squats with dumbbells (pivot off ball of foot)
- 5 min run
- 1 min biceps with tubing

RELAY RACE #3 - cones and hurdles (like above set-up)

- Football run over the cones / camper's choice over hurdle / turn, 1 burpee / sprint back and slap, etc.

Drills

- 2 min walking lunges with dumbbells
- 5 min run
- 30 sec wide pushups / 30 sec regular / 30 sec triangle

RELAY RACE #4 - cones and hurdles (like above set-up)

- Skip through cones / two-knee jumps over hurdles / turn and 5 mtn climbers / sprint back and slap, etc.

Drills

- 2 min pivot squats with dumbbells (pivot off ball of foot)
- 5 min run
- 1 min biceps with tubing

5 min run

ABS – 1 leg up crunches 15 on each side

COOLDOWN

Stretch

