

## **Definitions of Body Circuit Elements**

*Most of these should sound familiar!*

Jumpies: Legs shoulder width apart and slowly go down like you are going into the catch, then when your legs are 90 degrees, jump up. 5 Count Jumpies are slowly count to 5 on the way down and then jump up. These should mimic the rowing stroke

Squat Thrusts: Start off standing, squat down, put your hands out, kick your legs out then in and jump up.

Push-Ups: Butts shouldn't be up in the air, do correctly! Women can do on knees if necessary.

Sculling Sit Ups: Are just like they sound, the sculling motion. Beginners can start with hands down for balance and then add in. You are balancing with your back off the ground in the finish position of a rowing stroke. You bring your legs and back in and (your arms go out), then your legs and back go out and your arms go in. It should be like your rowing stroke and very difficult.

Mountain Climbers: Some call these hurdlers. Your hands are on the ground you are in like a push-up position with your butt in the air, and you alternate kicking your legs out like you are climbing.

Wall Sits: You must have a flat wall for this, you push your back up against the wall, stand with feet shoulder width apart and then sit down to a 90 degree angle. Make sure your back stays against the wall and your hands stay off your legs (its like cheating). To increase difficulty, keep arms straight out in front of you. For a good laugh and for increase difficulty, do wall sits up against a partner doing wall sits, you have to push off each other's back to stay up.

Toe Raises: best if done off a stair but can be done in place. Slowly go up and down on your toes, you should feel this in your calves.

Tricep Dips: Excellent workout. Needs a chair or a bench. Arms stay on the chair and you dip your body up and down between the floor with your legs straight out in front of you. If you have shoulder problems DO NOT DO!

Scissors Kick: Laying on the floor, keep your legs 6 to 8 inches off the ground and kick your legs up and down, alternating legs.

Throw-downs: Need to have a partner. Hold your partners ankles while you lay down on the ground, bring your legs up and they throw them down. Can alternate directions throw down, ex. Left/right/center. Please make sure to keep your lower back on the ground. If you bring your back up and down then you are likely to injury yourself. If this is a problem, do by yourself as leg raises.

Biking Abs: Crunches when you go side to side, like left elbow to right knee and reverse. These should be done rapidly.

Lunges: Alternate Legs, make sure your knee does not go over your toes.

Fishies: Lay on your stomach and alternate raising one leg and the opposite arm, you should be flexing your abs/back/leg muscles. This should be non-stop, switching back and forth.

Supermans: Lay on your stomach and keep both hands and legs up in air but only like 6 inches from mat/floor, you should feel this in your back, hold position for designated time period.

### **10 Minute Drill (done non-stop)**

50 seconds of	Run In Place (RIP) (HIGH KNEES nothing whimpy)
30 seconds of	Jumpies
25 seconds of	Squat Thrusts
25 seconds of	Push Ups
30 seconds of	Sculling Sit Ups
25 seconds of	RIP
45 seconds of	Mountain Climbers
30 seconds of	Jumping Jacks
25 seconds of	Push Ups
30 seconds of	Wall Sit
50 seconds of	RIP
40 seconds of	Jumpies
25 seconds of	Squat Thrusts
40 seconds of	Sculling Sit Ups
30 seconds of	Toe Raises
45 seconds of	Crunches with legs straight up in air (no ankles crossed)
45 seconds of	Jumpies
30 seconds of	Mountain Climbers

### **15 Minute Body Breaker Circuit/ 45 seconds on / 15 seconds off**

1. Five Count Jumpies
2. Supermans
3. Tricep Dips
4. Scissors Kick
5. Sculler's sit up
6. Lunges
7. Push-ups
8. Fishies
9. Wall-sits
10. Crunches
11. Mountain Climbers
12. Jumping Jacks
13. Throw Downs
14. Biking Abs
15. Squat Thrusts

### **14 Minute Drill (done non-stop)**

30 seconds of	Run in Place with high knees (RIP)
25 seconds of	Squat Thrusts
30 seconds of	RIP
40 seconds of	Sculling Sit Ups
30 seconds of	RIP
30 seconds of	Push Ups
35 seconds of	Jumping Jacks
25 seconds of	Squat Thrusts

30 seconds of	RIP
50 seconds of	Jumping Jacks
30 seconds of	RIP
40 seconds of	Jumpies
30 seconds of	RIP
25 seconds of	Squat Thrusts
30 seconds of	Rally
30 seconds of	Push Up
35 seconds of	Jumping Jacks
25 seconds of	Squat Thrusts
30 seconds of	RIP
50 seconds of	Jumping Jacks
30 seconds of	RIP
40 seconds of	Jumpies