

Body Circuit A

1. Burpees (Total Body)

Stand with your arms held at your sides, and then squat down, placing both hands in front of you on the floor. Extend both legs backward (hop backward), ending in a press up position and then return legs forward (hop forward), ending in a low-squat position with hands on the floor. Finally, jump into the air and return to a standing position. Repeat this action rhythmically and continuously without stopping for the allotted time.



2. V Sit Ups (Core)

Lie on the floor with arms extended out in front of you on the floor. Lift trunk and legs simultaneously to form V shape with the body. Return to lying position.



3. Push-up (Upper Body)

Begin in the standard push-up position on the floor. Your upper body should be supported with your hands on the floor - shoulder-width apart. Your arms are fully extended, and your legs and feet are supported by your toes (knees if necessary), which are hip-width apart. Lower the body until the elbows reach 90° and then extend the arms to return to the start position.



4. Lunges (Lower Body)

From a standing position take a long pace forward and allow trunk to descend by bending both knees. The knee of the forward leg should be vertically above the ankle. Keep back straight at all times. Return to starting position and repeat with other leg leading.



5. Superman - Back Hyper Extensions (Core)

Lie on your front with hands by your shoulders. Raise your trunk off the ground, hold position then lower your trunk.



6. Obliques (Core)

Lie on your back. Sit up and twist your trunk to bring the right elbow to the left knee, return to start position, sit up and twist your trunk to bring the left elbow to the right knee - repeat for duration of set.



7. Compass Jumps (Lower Body)

Imagine you are standing in the centre of a compass - North is to your front. You hop with both legs forward to the North position and then hop back to the centre, hop to the right and then back to the centre, hop backwards and back to the centre and finally hop to the left and back to the centre. Repeat this action rhythmically and continuously without stopping for the allotted time.

8. Push-Up With Row (Upper Body) – (if dumbbells available)

Requires a couple lightweight dumbbells. The amount of the weight is not overly important. With your hands resting on top of your dumbbells, do a basic push-up. At the top of the movement, execute a row with your left hand. All of your weight will be supported by your right hand and your core will be heavily engaged. Lower your left hand and then repeat on the other side.



9. Crossovers (Total Body)

Standing, keeping the back straight, lift one leg up and bring down the opposite elbow to touch the knee.



10. Abdominal crunch (Core)

Lie on your back, hands on your thighs, knees bent with feet flat on the ground. Slide your hands up to the knee caps to lift your shoulders off floor and then lower them back to the floor.



Body Circuit B

1. Squat thrusts (Total Body)

Stand with your arms held at your sides, and then squat down, placing both hands in front of you on the floor. Extend both legs backward (hop backward), ending in a press up position and then return legs forward (hop forward), ending in a low-squat position with hands on the floor. Repeat this action rhythmically and continuously without stopping for the allotted time.



2. Jumping Jacks (Lower Body)

Stand upright with your arms at your side. Spring to legs astride position whilst at same time flinging arms out to abducted position. Jump back to starting position.



3. Sit-ups (Core)

Lie on the floor with knees bent. Perform sit-ups with hands on the sides of the head or folded across chest.



4. Lizards (Total Body)

Lie on your front on the floor with arms extended out in front of you on the ground. Raise one leg and opposite arm off the floor and return.



5. Leg lift (Lower Body)

Use alternate legs in a high forward kicking action. Try to keep leg straight when kicking



6. Diamond Push-up (Upper Body)

Similar to the standard push-up. Start on your knees and place your hands as shown below to make a diamond pattern, Then support your upper body with arms fully extended ... your legs and feet are supported by your toes (knees if necessary), which are hip-width apart. Lower the body until just above the floor and then extend the arms to return to the start position.



7. Alternate Leg V Sit Ups (Core)

Lie on your back with legs out straight and arms across your chest. Lift legs alternately, while at the same time raising trunk off the ground.



8. Reverse Plank (Core)

Variation of the Plank. Position yourself with arms straight, as seen in the picture below, or propped up on your elbows, with your elbows at your side.



MARTIN SCONDUTO

9. Calf raises (Lower Body)

Standing raise your body up onto your toes and then lower.



10. Lying adductors

Lie on your side on the floor. Keep upper leg bent at knee and place the foot of this leg on the floor in front of lower leg. Alternatively raise and lower bottom leg for half the duration of the set, then change sides.



Body Circuit C

1. Treadmills – aka Mountain Climbers (Total Body)

Assume the press up position with the arms extended and bring one leg towards the chest placing the ball of the foot on the ground. From this start position, the exercise commences by swapping positions of the feet. Repeat this action rhythmically and continuously without stopping for the allotted time.



2. High knee sprints (Lower Body)

Running on the spot with high knee lift. Speed of movements and/or height of knees dictates degree of effort used.



3. Offset Push-Up (Upper Body)

With your hands directly under your shoulders in basic push-up position, march your right hand out away from your body about 3-4 inches. Now execute your push-up. This will work your left shoulder. Do five on this side and then repeat on the other side. As with all of these exercises, stick with a comfortable range of motion and do not hyperextend.



4. Abdominal crunch (Core)

Lie on your back, hands on your thighs, knees bent with feet flat on the ground. Slide your hands up to the knee caps to lift your shoulders off floor and then lower them back to the floor.



5. Lying Abductors (Lower Body)

Lie on your side on the floor. Bend lower leg at the knee. Alternatively raise and lower top leg for half the duration of the set, then change sides



6. Plank (Core)

Lie on your front and support your body weight on your forearms and toes.



7. Single leg squats (Lower Body)

Stand on one leg. Hold other leg out in front of the body and gently lower body down as standing leg flexes.



8. Obliques (Core)

Lie on your back. Sit up and twist your trunk to bring the right elbow to the left knee, return to start position, sit up and twist your trunk to bring the left elbow to the right knee - repeat for duration of set.



9. Squat jumps (Lower Body)

From a standing position, rapidly bend the knees to 45 degrees and then spring into the air. Land and immediately repeat.



10. Reverse Abdominal Curl (Core)

Lie on your back with legs held up pointing to the ceiling. Push legs higher and then lower. Hips will come off the floor.

