



Strength Circuit 1:

COMPLETE CIRCUIT 3 TIMES THROUGH

- 25 mountain climbers (each leg)
- 15 hip bridges
- 30 second jog in place
- 20 second plank/plank from knees
- 15 side-to-side hops (each side)
- 10 push-ups/push-ups from knees



Strength Circuit 2:

COMPLETE CIRCUIT 3 TIMES THROUGH

- 25 jumping jacks
- 25 crunches/curl-ups
- 10 frog jumps
- 10 heel raises
- 25 high knees (each leg)
- 15 shrugs

