

## IN-HOUSE CIRCUIT TRAINING

DO A CIRCUIT. RECOVER 60-90 SECONDS AND REPEAT 1-2 MORE TIMES

### CIRCUIT 1

Push Ups x 10

Body Weight Squats (top of thighs parallel to the ground position) x 10

Bent Over Rows x 12 each arm

(Use an object in your house with some weight to it: milk jug with water in it.)

Forward Lunges x 10 each

Squat Jumps (same position as squats) x 10

### CIRCUIT 2

Incline Push Ups x 10 (Put your feet up on a chair.)

Step Ups x 10 each (Use a solid object like a stool 6-12 inches in height.)

Bent Over Lateral Raises x 12

(Use an object in your house with some weight to it: milk jug with water in it.)

Lateral Lunges x 10 each leg

Lateral (side-to-side) Hops x 10

### CIRCUIT 3

Push Ups 4 count down 2 count hold at the bottom x 10

Body Weight Squats 4 count down 2 count hold at the thighs parallel to the ground position x 10

Bent Over Rows 3 count held at the top x 12 each arm

(Use an object in your house with some weight to it: milk jug with water in it.)

Forward Lunges x 10 each

Squat Jumps x 10

### CIRCUIT 4

Incline Push Ups x 10 (Put your feet up on a chair 4 count down 2 count hold at the bottom.)

Step Ups x 10 each (Use a solid object like a stool 6-12 inches in height.)

Bent Over Lateral Raises x 12

(Use an object in your house with some weight to it: milk jug with water in it.)

Lateral Lunges x 10 each leg

Lateral (side-to-side) Hops x 10

## CONDITIONING OPTIONS (Can be done with a bike, treadmill, elliptical, any cardio equipment.)

OPTION 1 15-20 minute jog

OPTION 2 15-20 minute Sprint/Jog: sprint 15 seconds, jog 45 seconds for 15-20 minutes

OPTION 3 Sprint & Jog Back x 10: Sprint for 15 seconds, jog back to starting point and repeat