

HOME CIRCUIT - STAGE 1

1. Star Jumps
2. Press Ups (For Girls on Knees initially on soft surface until able to perform full version)
3. Squats
4. Side Skips
5. Sit Ups to bent knees
6. Squat Thrusts (Legs back to full extension & then toes to near wrists)
7. Hopping (15 seconds on left leg 15 seconds on right leg)
8. Bench Astride Jumps (performed on a low firm type e.g. gym bench or two breeze blocks laid on top of each other wide face to ground)
9. Step Ups onto doorstep or bottom stair step

Notes:

- After short jog warm up perform each exercise for 30 seconds & record number done
- Work as hard as you can but so that quality does not suffer, head up & straight back ie. Head & back in a good mechanical position head in line with back NOT DROPPED FORWARD for all except Sit Ups.
- One minute recovery.
- Perform next exercise.
- Start with one session per week unless you can perform at the same level throughout , then make it two sets.
- Perform two complete sets in all after three minute recovery between sets.

ALWAYS leave at least a **minimum of a clear day** between each Circuit session.