

## Definition of Circuit exercises

### Cardio exercises



**Cross jacks** – Stand with your feet shoulder-width apart, tummy pulled in toward your spine, shoulder blades in your back pockets, and extend your arms straight out to either side with palms facing down. Jump and cross your right arm over your left and your right foot over your left. Jump back to the starting position, then cross with the opposite arm and foot. For low impact, same starting position, take out the jump, instead cross your right foot over your left, bring right foot back then repeat using left foot over right. This counts as one rep. Continue alternating sides.



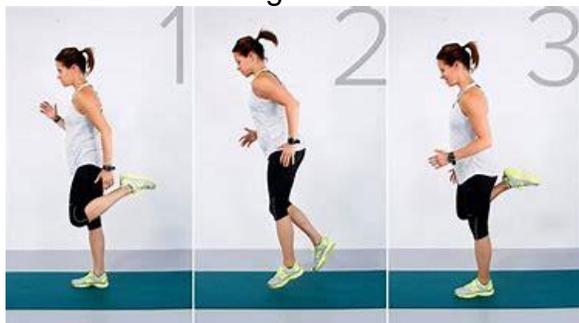
**Skaters** - Start with your legs slightly wider than shoulder width apart, tummy pulled in toward your spine, shoulder blades in your back pockets, and arms at the sides. Bring one leg behind at a slight angle into a reverse lunge. The front knee will come to a 90-degree angle. Then, swing the arms in front of that bent knee and leap the back leg forward to switch sides in a skating motion. Arms alternate as you switch sides like a speed skater. For low impact, take out jump and step behind in a reverse lunge alternating sides using same arm movements.



**Jump squat** - Stand tall with your feet shoulder-width apart, tummy pulled in toward your spine, and shoulder blades in your back pockets. Keep arms in front of you at chest height to help maintain balance. Sit back as if sitting in a chair, keep chest up (do not lean forward), keep weight in heels. Pause, then jump up pushing through the heels and lift body upwards back to the starting position, squeezing the glutes at the top of the movement. For low impact, take out jump, instead when standing back up lift both heels off ground as you squeeze the glutes.



**Hamstring curl/butt kicks** - Start standing tall, feet shoulder-width apart, tummy pulled in toward your spine, and shoulder blades in your back pockets. Bring one heel off the floor towards your glutes/bottom, be sure to keep your knees pointed towards ground (your thighs shouldn't move as you lift your heels), then switch legs. Arms either pump at sides or pull hands back squeezing shoulder blades together.



**Burpees** - Start standing tall, feet shoulder-width apart, tummy pulled in toward your spine, and shoulder blades in your back pockets. Sit back into a squat position, place hands on the floor in front of you, jump or step back into a pushup position, immediately return to your feet in the squat position, Jump or stand up as high as possible from the squat position reaching hands above your head. For low impact, perform a regular squat, then as you stand lift right knee then lift left knee, return to squat position, and repeat.



**Mountain Climbers** - Start standing tall, feet shoulder-width apart, tummy pulled in toward your spine, shoulder blades in your back pockets and arms by your sides. Lift your right knee up to waist height and extend your left arm over your head, return to the starting position and then repeat with the opposite side (keep alternating sides).



**Frog jumps/pop up squat** - Start standing tall, feet shoulder-width apart, tummy pulled in toward your spine, shoulder blades in your back pockets and arms in front of you. Sit back as if sitting in a chair, keeping chest up and shoulders back reach for the floor (do not bend forward to touch floor), then hop or step back up to starting position. Repeat



**Alternating lunges** - Stand tall with your hands at your hips or overhead, tummy pulled in toward your spine, and shoulder blades in your back pockets. Take a large and controlled step backward with your left foot, lower your hips so that your right thigh (front leg) becomes parallel to the floor, and your right knee positioned directly over your ankle. Keep your left knee bent at a 90-degree angle and pointing toward the floor with your left heel lifted. Return to standing position, by pressing your right heel into the floor and bringing your left leg forward (back to standing). Alternate legs, and step back with right leg.. For higher impact, add a small jump in between alternating legs.



**Knee drivers** - Start standing tall, feet hip-width apart, tummy pulled in toward your spine, shoulder blades in your back pockets and arms extending above head. Step right foot behind you and balance on your left leg, keeping your left knee soft. Pull your right knee up in front and pull arms down (as if striking your knee), then tap right foot back behind you. Repeat as fast as you can using correct form.



## Strength Exercises:

**Bicep Curls** - Start standing tall, feet shoulder-width apart, tummy pulled in toward your spine, shoulder blades in your back pockets, knee soft (slightly bent). Weights (or weighted objects) in hands, palms facing up toward ceiling, lock elbows in at waist (elbows should touch abdomen continuously), starting with straight arm, bend arms at elbows lifting weights up towards your chest, slowly lower back down to starting position.



**Triceps Extension** - Stand upright with a dumbbell in each hand, palms facing in. Keep your feet shoulder width apart and your knees slightly bent. Keep your arms bent at your side so that your arms are aligned closely to your body, forming a 90-degree angle and squeeze your shoulder blades together (this is your starting position) Next, extend your arms fully backward, bringing them nearly parallel with the floor. Hold for a moment and then slowly lower the dumbbells back to the starting position and repeat.



**Shoulder Press** – Stand tall with your feet shoulder-width, grab weights and hold them at shoulder height with both arms bent and palms facing away from the body. Press weights overhead until your elbows are straight. Pause, and then slowly lower the weight back to the starting position, repeat.



**Lateral Raise** – Stand tall with your feet shoulder-width and grab weights. With palms facing your sides and arms hanging at sides. Raise your arms out to the sides to shoulder level. Pause, then lower the weights back to the starting position, repeat.



**Front raise** - Stand tall with your feet hip-width apart. Hold weights in each hand in front of your thighs with your palms facing toward you. Raise your arms up in front of you stopping at shoulder height. Then slowly return the weights to the starting position, repeat.



**Posterior raise** - Stand tall with your feet hip-width apart. Bend forward at waist, keeping back flat, shoulder blades squeezed together, and tummy pulled in towards your spine. With straight arms and palms facing ceiling, lift arms to parallel to your hips (this is the starting position). Lift both arms up towards ceiling (small movement), then return to starting position, repeat.



**Plank** – can be done on forearms/elbows or with straight arms on your hands. Get in the pushup position, back flat, tummy pulled into the spine and your neck in neutral. You can put your knees down on ground for easier/more comfortable plank option. Create a straight, strong line from head to toes or knees – a plank, if you will and hold that position.

Also can be done standing, facing a wall, hands shoulder width apart and shoulder height. Take a step back from wall, keep hands firmly against wall, pull tummy in towards spine, heels on the ground, and be careful to not arch your back.



**Squat** – stand tall with feet shoulder width apart, tummy pulled in, and knees/toes forward, keeping your arms in front of you at chest height to help maintain balance. Drop your hips and sit back (as if sitting in a chair), trying to get your thighs parallel with the floor. Pause, then drive through the heels and lift body upwards back to the starting position, squeezing the glute at the top of the movement.



**V-sit** - Sit down on the ground with either legs straight out or for easier move feet flat on ground and knees bent. If you want a more challenging move, lift your legs up so that they are at a 45-degree angle with the floor, otherwise leave feet flat on ground. Lean your torso back until it also is at a 45-degree angle. Arms – for more advanced keep arms straight out in front as you lean back, for easier movement place hands behind you to gently help push yourself back up. Hold this position for the desired time.

