



Prairie Fit's Arms and Legs Circuit

This circuit is designed to work your arms and legs.
You will need weights/weighted object, timer and water.

For reference to all the exercises listed, use the videos in our library
(some videos have a low impact and high impact option)

REMEMBER: pull your tummy in towards your spine, put your shoulder blades in your back pockets and breathe

Warm up

- March in place - 2 minutes
- Jog in place - 2 minutes
- Jumping jacks - 2 minutes
- Hamstring curls - 1 minute
- High knees - 1 minute
- Light stretches - 2 minutes

Perform each movement 1 minute, rest 30 seconds.

Complete circuit 3 times.

- Wall sit
- Hamstring curls
- Skaters
- Push-ups
- Upper cuts
- Chest fly
- High knees
- Calf raises
- Bicep curls
- Tricep overhead press
- Frog jumps
- Shoulder press
- Plank

Any questions please contact Brenda Boryca, Fitness Supervisor
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