



## Prairie Fit's Legs and Core Circuit

This circuit is designed to work your legs and core.  
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 20 seconds, rest 10 seconds.**

**Complete circuit 4 times.**

- Mountain climbers
- Alternating jump lunges
- Front kicks
- Wall sit
- Hamstring curls
- Squats
- Pendulum lunges
- Double knee lifts
- Burpee
- Flutter kicks
- Alternating straight leg raises
- V-sit
- Russian twist
- Hover plank/up on all 4's
- Plank

Any questions please contact Brenda Boryca, Fitness Supervisor  
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