



Prairie Fit's Upper Body Circuit

This circuit is designed to work your lower body (which will get your heartrate up).
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: keep knees soft, 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.

- push-ups
- Bicep curls
- Tricep extension
- Uppercuts
- Lateral raise
- Front raise
- Posterior raise
- Chest fly
- Plank
- Hover plank/up on all 4's
- Rest 2 minutes 30 seconds

Any questions please contact Brenda Boryca, Fitness Supervisor
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