



Circuit Training Workout #2

General Strength



Split Squat x 8 each leg

Crawl Pushup x 5



Fire Hydrant x 12

Rocket Jump x 10



Lateral Lunge with Squat x 4 (each leg)



Staggered Pushup x 5 (each arm)



Half Burpee x 12



Up and back x 12 each leg
Repeat

Pillar Rotation Abs

Bicycles x 25

Russian Twist x 25

Side L Raises x 8

Superman with a twist x 10

Bicycle x 20

Repeat



Hip/Glute

12 Repetitions

Fire Hydrant

Trail Leg (hurdle trail leg motion)

Up and back (on all 4's, leg goes up and behind back)

Lying Circles (lying on your back, make a circle)

Side Leg Raises

Repeat

