

Strength and CV Circuit week 4

Perform each exercise in sequence then repeat circuit again

45 second work - 15 seconds rest - repeat circuit



Side squats

Start by standing tall with feet hip width apart, shoulders back and down and core engaged. As you step to the side, bend both knees and push hips back into a low squat position. Control back up to standing, travelling to the side. Keep chest up throughout and knees behind toes. Keep repeating the movement from side to side.



March/Jog

Stand tall with shoulders back and down and core engaged. March on the spot by lifting alternate feet and gently swinging arms by your sides. To progress, take the movement up into a jog by keeping feet closer to the floor and adding in a hop from one foot to the other.



Low Plank

Lie face down on the floor, resting up on forearms with chest up and hips resting down.

Elbows should be under shoulders with shoulder blades back and down. Engage abs then lift hips up so you are resting on knees. Tilt pelvis underneath to engage lower abdominals, lengthen through your spine so head is looking straight down. Hold position.



Ski Jumps

Stand tall with feet hip width apart, shoulders back and down and core engaged. Bend knees and push hips back to lower body. Keep chest high and swing arms back as you lower down. In one explosive movement, jump over to one side and land with bent knees and back into start position. Keep repeating the movement from side to side.



Backwards Lunge

Stand tall with feet hip width apart, shoulders back and down and core engaged. Keep upper body tall as you take one foot back behind you and bend both knees to lower body down. Aim to have a straight line from your head to the back knee. Push off back foot to come back up to starting position. Repeat on other side.

To progress, increase number of repetitions during work time while maintaining good form. A further progression would be to work for 60 seconds and have no rest between exercises.