

## CV Circuit week 7

*Perform each exercise in sequence then repeat circuit again*

**45 seconds work - 15 seconds rest - repeat circuit**



### Standing Front Kicks

Stand tall with feet hip width apart and core engaged. Soft bend in both knees and arms up in front of chest. Transfer bodyweight onto one foot and use abs to lift knee and kick foot right out in front. Control leg down and repeat on other side.



### Side Step and Sweep

Start with feet together and core engaged. Step one foot out to the side and travel across. As you travel, bend knees and rotate shoulders to bring one hand down to 'sweep' floor. Bring feet back together again and keep abs tight to work waistline.



### Power Squats

Stand tall with feet hip width apart and core engaged. Soft bend in both knees and jump up, land with feet out wide as you bend knees and push hips back into a low squat. Keep chest high and knees behind toes as you lower down. Jump up and bring feet together to land with feet underneath your hips.



### March/Jog

Stand tall with shoulders back and down, core engaged. March on the spot by lifting alternate feet and gently swing arms by your side. 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.



### Jump Rope

Stand tall with shoulders back and down, core engaged. Arms by your side as if you are holding a skipping rope. Keep core engaged as you do small fast jumps on the spot using either both feet or hopping from one foot to another. Perform small arm circles as if you are moving the skipping rope.

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.