

Strength & Fitness Circuit week 10

Perform each exercise in sequence then repeat circuit again

45 seconds work - 15 seconds rest - repeat circuit



Squat Knee Lift

Stand tall with feet hip width apart, toes turned out and core engaged. Bend knees as you push hips back to lower body down, keeping chest up and knees behind toes. As you come up, transfer your bodyweight onto one foot and use abs to lift knee up to hip height or higher. Control foot down as you lower down into a squat.



Squat Punches

Stand tall with feet shoulder width apart and toes turned out slightly. Core engaged and shoulders back and down. Bend knees as you push hips back to lower body down. Keep chest up and knees behind toes throughout. Tighten abs as you hold position to bring arms up in front of chest and perform fast punches out in front.



Twist Jumps

Stand tall, shoulders back and core engaged. Feet hip width apart and turned out to point to one side. Lift bent arms up so they are out in line with your chest. Rotate shoulders so your arms move to opposite side. In one explosive movement, jump both feet round to other side and rotate shoulders to opposite side to twist waist.



Jumping Jacks

Stand tall, core engaged and shoulders back and down with arms by side. Jump both feet out wide as you bring both extended arms up and out to shoulder height. Jump back to start position. Repeat as fast as you can while maintaining good form. *Adaption: Do one side at a time. Alternating sides.*



Alternating Lunges

Stand tall with good posture, shoulders back and core engaged. Take a step forward as you bend both knees to lower back knee down towards the floor. Keep upper body tall throughout and hips pointing forward. Keep knee of front leg behind your toes. Push off front foot to bring feet back to hip distance apart then repeat on other leg.

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.