**Name: Body Weight Circuit Training Date:**

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| **Number** | **Station** | **# of Reps or Seconds** | **Description** | **Rank 0-5 Easy to Hard** |
| **1** | Sit Ups |  | Same as our fitness testing. Good practice. |  |
| **2** | 180 Degree Jumps |  | Squat jumps turning 180 degrees back and forth. |  |
| **3** | Hands to Forearm Plank |  | Push up position, down into plank, back up to push up & repeat. |  |
| **4** | Bench Dips |  | Hold self on edge of mats then lower self down and push back up. |  |
| **5** | Side Squat Kicks |  | Hold squat position and alternate kicking legs out side to side. |  |
| **6** | Left Side Plank Hold |  | Hold plank with left forearm only. |  |
| **7** | Skip |  | Skipping on the spot. |  |
| **8** | Bicep Curls |  | Alternate lifting weights all the way up and down. |  |
| **9** | Left Leg Flexibility Hold |  | Same as our fitness testing but hold stretch. Good practice. |  |
| **10** | Right Side Plank Hold |  | Hold plank with right forearm only. |  |
| **11** | Skip |  | Skipping on the spot. |  |
| **12** | Push Ups |  | Same as our fitness testing. Good practise. |  |
| **13** | Reverse Bridge Leg Extension |  | Balance back on fit ball into table, extend one leg out at a time. |  |
| **14** | Plank Hold |  | Hold plank position for the minute. |  |
| **15** | Mat Jumps |  | Jumping up and down on crash mat for minute. |  |
| **16** | Inchworm with/without Push up |  | Walk self out with arms, do push up, walk self back in. |  |
| **17** | Row Boats |  | Sit on cloth and use heels to move forward. |  |
| **18** | Knee Tap Crunch  |  | Hold medicine ball at chest, balance on tailbone and tap knees into ball. |  |
| **19** | Right Leg Flexibility Hold |  | Same as our fitness testing but hold stretch. Good practise. |  |
| **20** | Fast Feet |  | Fast feet on the spot for the minute. |  |