

The Traveling Circuit

Circuit Description:

A fast paced, full-body workout which can be performed either in a group exercise scenario with equipment and added resistance or through body-weight alone. This workout is perfect for the traveling businessman or woman with no time for a regular group fitness scenario.



Exercise Stations:

- 1) Burpees
- 2) Reverse Crunches
- 3) Calf-raising Cherry Pickers
- 4) Dolphin Pushups
- 5) Star Jumps
- 6) Boat
- 7) Squats

Required Materials:

None; this circuit is able to be completed using nothing but body weight for resistance and the motivation to change

Optional Materials – Taking the next step:

- Resistance Band
- Fitness Stability Ball
- Weight Vest
- Medicine Ball
- Mat for comfort

Detailed Exercise Descriptions:

Burpees – Demonstrated by Sarah Linder

↳ Description of proper form

■ From standing position, bend at the knees; touch hands to the floor and kick legs back so that the body is in a full plank. Jump forward onto feet while maintaining hands on the floor. Perform a reaching jump straight up and return to standing position. Maintain abdominal bracing throughout movement.

↳ Targeted Muscles

■ Triceps, anterior deltoid, rectus abdominus, transverse abdominus, external and internal obliques, erector spinae, rectus femoris, vastus medius and lateralis

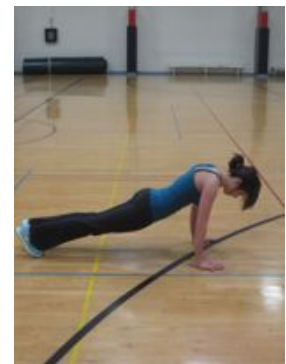
↳ Adaptations

■ To increase difficulty:

- ❖ Perform a pushup while in plank position

■ To decrease difficulty:

- ❖ After plank, simply return to standing position without performing reaching jump.



2) Reverse Crunches – Demonstrated by Ethan Harris

↳ Description of proper form

- Brace the core and place arms at sides with palms on the floor. Lift feet off the floor until a 90 degree angle is formed at the hips. If limited flexibility does not allow full extension at the knee maintain a bent knee while performing movement. Lift hips off the floor 2-6 inches and slowly lower back down; maintain as near a 90 degree angle at the hips as possible through the range of motion. Maintain abdominal bracing throughout movement.



↳ Targeted Muscles

- Rectus abdominus, transverse abdominus, external/internal obliques

↳ Adaptations

- To increase difficulty:
 - ❖ Raise head 2-6 inches off floor throughout movement
 - ❖ Perform a full leg lift with every repetition
 - ❖ Hold a medicine ball between feet
 - ❖ Place hands behind head (balance component)
- To decrease difficulty:
 - ❖ Bend Knees
 - ❖ Place hands under hips (palms facing floor)

3) Calf-raising Cherry Pickers – Demonstrated by Dominic Tonihka

↳ Description of proper form

- Stand with arms laterally raised at shoulder level (forming 90 degree angle), with fingers pointing down perform flexion of the 2nd and 3rd fingers while simultaneously performing opposition of the thumb. While doing the “cherry pickers” described above, perform plantar flexion of the ankles. Maintain abdominal bracing throughout movement.

↳ Targeted Muscles

- Gastrocnemius, lateral/anterior deltoid, flexor digitorum profundus, flexor pollicis brevis

↳ Adaptations

- To increase difficulty:
 - ❖ Add resistance (either a resistance band for shoulder resistance, or a plate to add pinch resistance)
 - ❖ One legged calf-raises
- To decrease difficulty:
 - ❖ Perform calf-raises and cherry pickers independently



4) Dolphin Pushups – Demonstrated by Cristina Cuadros

↳ Description of proper form

- Assume a plank position on elbows/forearms. Lift midsection forming as close to a 90 degree angle at the hips as possible for individual flexibility; maintain toes and elbows on floor as well as abdominal bracing throughout movement.



↳ Targeted Muscles

- Rectus abdominus, transverse abdominus, exterior/interior obliques, triceps, anterior deltoids, erector spinae, gluteus maximus/minimus, rectus femoris

↳ Adaptations

- To increase difficulty:
 - ❖ Raise one leg in hyperextension of the hip (balance component)
- To decrease difficulty:
 - ❖ Perform exercise with limited range and an angle greater than 90 degrees at the hip.

5) Star Jumps – Demonstrated by Justin Baca

↳ Description of proper form

- Stand with feet hip width apart and move to a low squat with hands in front of shins. In one movement explode into a jump and form an X pattern with arms and legs. Maintain abdominal bracing throughout movement.

↳ Targeted Muscles

- Gastrocnemius, vastus lateralis/medius, rectus Femoris, biceps Femoris, gluteus maximus/minimus, abductors of the hip, lateral deltoids

↳ Adaptations

- To increase difficulty:
 - ❖ Addition of resistance (weight vest)
- To decrease difficulty:
 - ❖ Jumping jacks can be substituted to reduce undue stress on the knees.



6) Abdominal “Boat” – Demonstrated by Jaime Robison

↳ Description of proper form

- Lying supinated with spine aligned, extend arms in front of body and engage core muscles and hip flexors to bring hips to a 90 degree angle with the trunk of the body. Maintain balance and keep tibia parallel with the floor. Throughout motion maintain scapular retraction and shoulder depression to prevent stress to the cervical spine. Maintain abdominal bracing and engagement throughout movement.



↳ Targeted Muscles

- Rectus abdominus, transverse abdominus, erector spinae, anterior deltoid, iliopsoas, rectus femoris

↳ Adaptations

- To increase difficulty:
 - ❖ Perform repeated extension and flexion at the hip while maintaining balance
 - ❖ Maintain knee extension while increasing angle at the hip (essentially a balancing leg raise)
- To decrease difficulty:
 - ❖ Place hands on floor to aid with balance component

7) Squats – Demonstrated by Jaime Robison

↳ Description of proper form

- Keeping feet hip to shoulder (gender differences) width apart and knees in line with ankles bring arms in front of the body and sit back into a squatting position until knee angle reaches a minimum of 90 degrees (hips should never fall below the knees) or strength fails. Maintain a straight back and neutral cervical spine through anterior pelvic tilt and be sure that knees stay behind toes. Perform extension of the hips and knees to return to a standing position. Abdominal bracing should be maintained throughout movement.



↳ Targeted Muscles

- Rectus Femoris, gluteus maximus/minimus, biceps femoris, erector spinae, rectus abdominus, transverse abdominus

↳ Adaptations

- To increase difficulty:
 - ❖ Perform a “squat jump” by jumping and reaching arms above the head every repetition upon standing.
 - ❖ One-legged squat
 - ❖ Add resistance through a weight vest, resistance band, or weight (i.e. medicine ball)
- To decrease difficulty:

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- ❖ Do not squat down as far.