

The Summer Swolestice Circuit



We'll Have You Summer
Ready Faster Than You
Can Say Piña Colada!

Summer Swolestice Circuit

Presented by: Savanna, Emmett, Christina, Hannah & Koran

Theme: A full body workout to get you ready for the summer!

7 Circuit Stations:

1. Beach Burpees
2. Sandy Mountain Climbers
3. Curl → Squat → Press
4. Hot Up and Down Planks
5. Chill Crossover Leg Stretch
6. Caterpillar
7. Popping Pulse Lunges

Time at Each Station:

☀️ 40 seconds

Number of People Per Station:

☀️ 2 people

Station Change Signal:

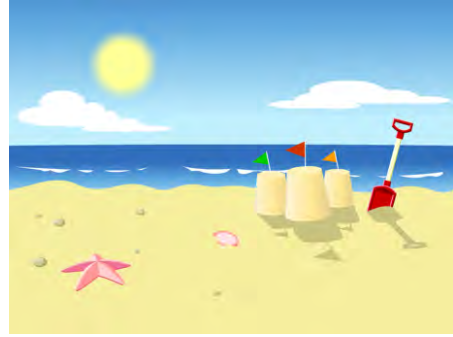
☀️ Megaphone Alarm

Recommended Number of Circuits:

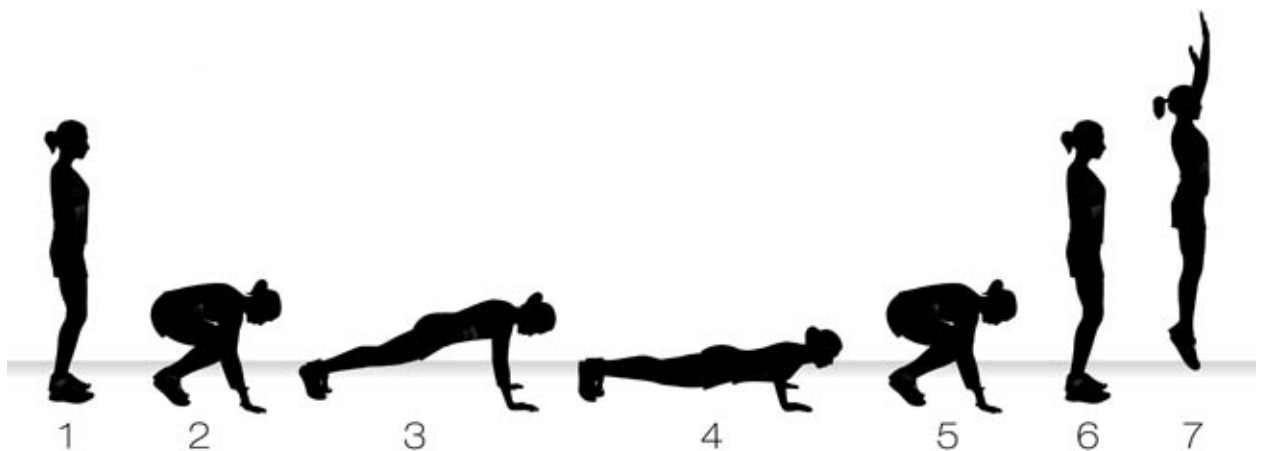
☀️ Assuming this circuit will be completed in a 45-minute workout class, we recommend the clients cycle through the circuit at least 4 to 5 times.

Safety Concerns:

- ☀️ Maintain a strong core throughout the duration of each exercise.
- ☀️ Be mindful during stretches to prevent overstretching.
- ☀️ Feel comfortable with original exercise before moving on to the progression.

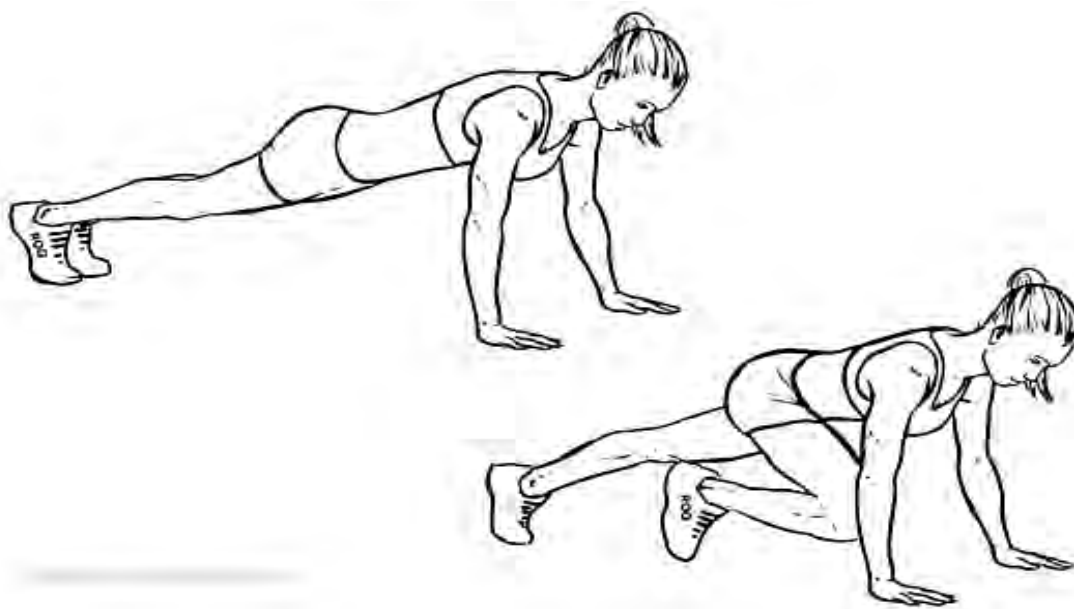


Station #1: Beach Burpees



Station #2:

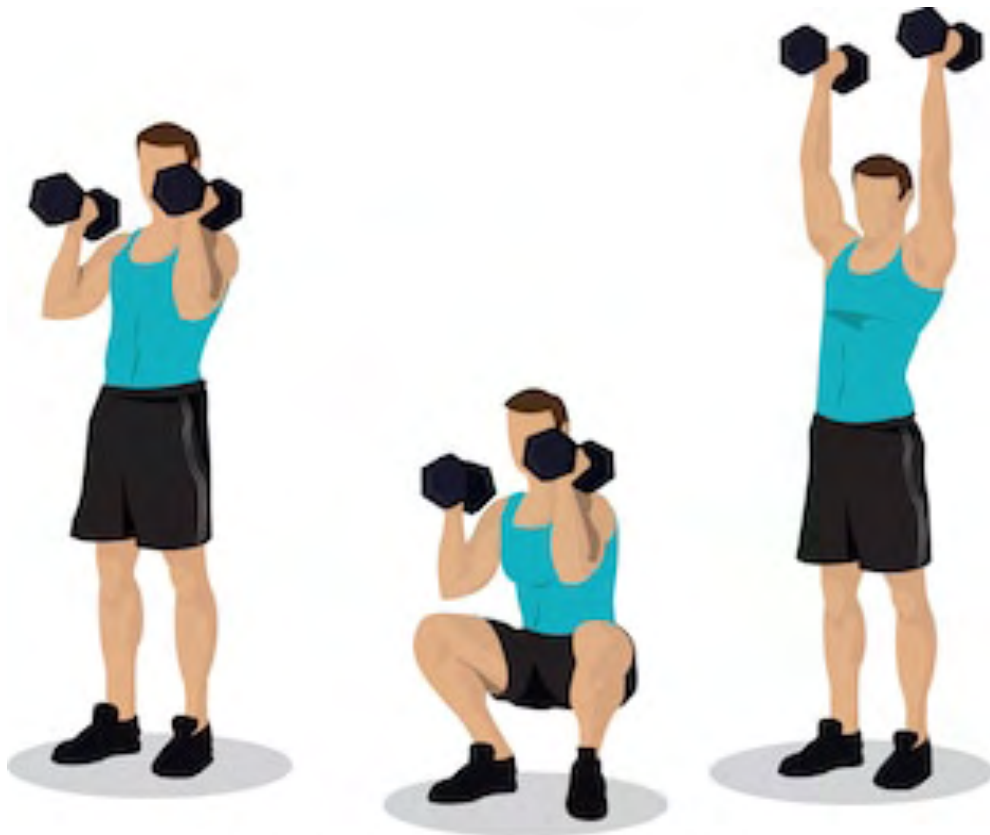
Sandy Mountain Climbers



Station #3:



Curl → Squat → Press





Station #4:



Hot Up and Down
Planks

Station #5:

Chill Crossover Leg Stretch



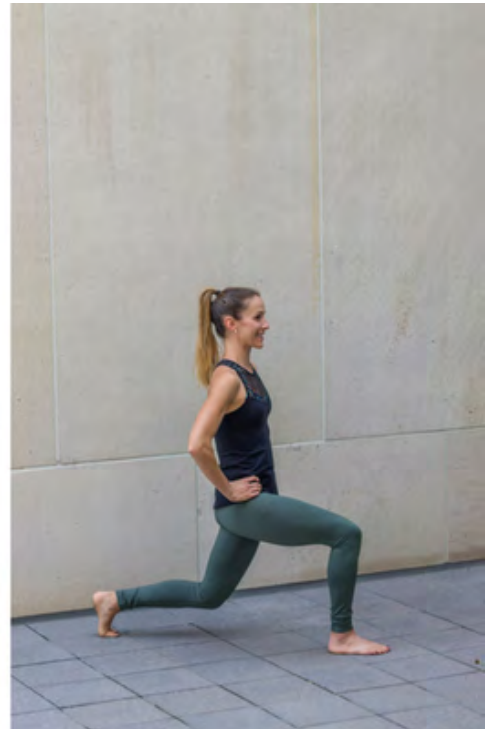
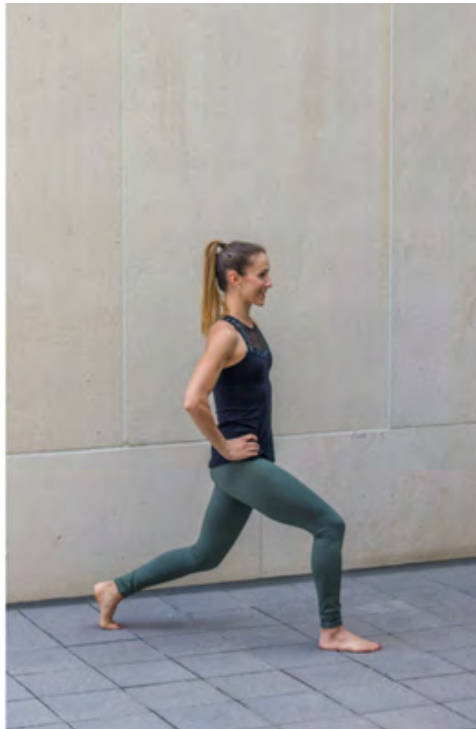
Station #6: Caterpillar





Station #7:

Popping
Pulse
Lunges



Balance Beyond Belief Circuit

Presented by: Aubry Hershberger, Lucia Sandoval, Rebekah, and Sonia Gunkel

Emphasis/Theme: Balance exercises for athletes.

Circuit:

1. Step back with knee up lunge

Regression: Step back with no knee up

2. Plank up-down on a Bosu ball

Regression: Static Plank on Bosu ball

3. One-leg step up calf raise with a medicine ball

Regression: Calf raise with a medicine ball but no step up

4. Wall push up with stability discs

Progression: Wall push up while balancing on stability discs and with a resistance band around the shoulders

5. Hopscotch with cones

Progression: Hopscotch with cones and a medicine ball

6. Russian twist on a physioball while holding dumbbells

Progression: Russian twist on a physioball while holding dumbbells and one leg up

7. Squat kickback pairs while tossing a medicine ball

Regression: Standing kickback pairs while tossing a medicine ball with no squat

Time at each station: 40 seconds per station on the day of presentation per Dr. Kravitz's directions.

Number of people per station: 2 people per station

Station change signal: Dr. Kravitz's crank handle device with the Groucho walk between stations and the Groucho run from Station 7 back to Station 1.

Recommended number of circuits: 7 circuits for a 45-minute class

Safety concerns:

Correct performance of step back knee up lunges

Correct performance of plank up-downs on Bosu ball

Correct performance of one leg step up calf raises with a medicine ball

Correct performance of wall pushups with stability discs with and without a resistance band around the shoulders

Correct performance of hopscotch with cones and a medicine ball

Correct performance of the Russian twist on a physioball with dumbbells and one leg up

Correct performance of squat and standing kickback pairs while tossing a medicine ball