

Post Quarantine Body Circuit Lesson Plan

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Theme: Full Body Exercises

Circuit

1. Plank Shift

- a. Progression: Add a push up every 5 seconds.
- b. Regression: Perform exercise on knees.

2. Russian Twist

- a. Progression: Add more weight or perform exercise longer.
- b. Regression: Do not use a medicine ball.

3. Jump Squat

- a. Progression: Add a dumbbell for resistance.
- b. Regression: Just do a regular body weight squat.

4. Quick Feet

- a. Progression: Try a harder foot pattern.
- b. Regression: Go slower and focus on foot coordination

5. Straight Arm Plank with Rows

- a. Progression: Use a larger weight for more resistance during rows.
- b. Regression: Just do a straight arm plank with no rows.

6. Skaters

- a. Progression: Add ankle weights.
- b. Regression: Do side squats instead without the jumping.

7. Glute Bridges

- a. Progression: Wrap a resistance band around the quadriceps during exercise.
- b. Regression: Use arms at each side of your body to maintain balance while doing exercise.

Time at each station: 40 seconds

Number of people per station: 2 people

Station Change Signal: Air horn

Recommended number of circuits: 2 to 3 circuits (for 45-minute class)

Safety Concerns:

Correct execution of exercises

Slipping during floor exercises

Dropping weights

Improper form during exercises

Dehydration

Landing wrong during “Skater” exercises

Booty Boot Camp

A full lower body workout that will kick your booty

Presented By: Rena Aragon, Matthew Flores, Ramiro Flores, Karina Miramontes, Lindsay O'Roark, Madison Virostko

Emphasis & Theme: Gluteal muscles & lower body exercises

Circuit stations:

- a. Kettlebell squat
 - i. Regression: Normal bodyweight squat
- b. Burpee with added push-up
 - i. Regression: Burpee without push-up
- c. Jumping-split lunge
 - i. Regression: Regular lunge (alternating legs)
- d. Kickback with ab crunch (10 each leg)
 - i. Regression: Fire Hydrants (10 each leg)
- e. Single-Leg Deadlift with Kettlebell (10 each leg)
 - i. Regression: Single-Leg Deadlift without weight (10 each leg)
- f. Skaters
 - i. Regression: Side Lunge (10 each leg)
- g. Single-Leg Hip thrust using Physio ball (10 each leg)
 - i. Regression: Hip thrust using Physio ball (both legs)
- h. Transition to each station: Monster walk

Time at each station: 40 seconds

Number of people per station: 2

Change signal: Dr. Kravitz's sound device

Recommended number of circuits: 5

Safety concerns:

- a. Correct form during burpees, deadlifts, skaters and kickbacks
- b. Engage core for optimum balance
- c. Balance issues
- d. Correct execution of squats and jumping lunges

Equipment needed:

~4 Light to medium weight kettlebell

Many mats

~2 Light to medium weight physio ball

Circuit Examples:

A - Kettlebell squat/ Normal body weight squat (Regression)



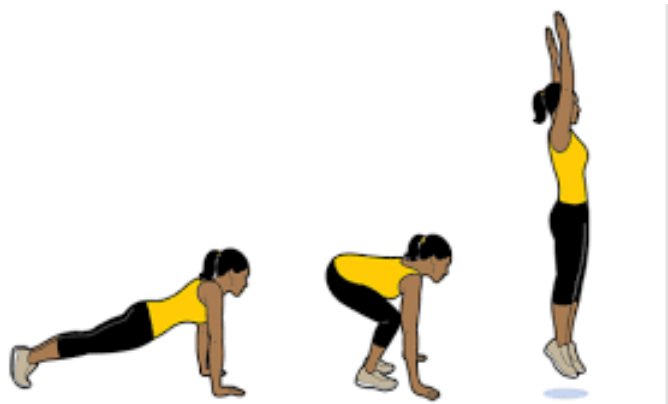
Kettle bell squat:

- Have feet shoulder width apart holding kettle bell up on chest area
- Keeping knees out, sit butt down to parallel
- Stand back up, keeping chest up

Normal Squat:

- Keep feet shoulder width apart
- Sit down in squat to parallel
- Keep chest up when ascending

B - Burpee with and without push-up (Regression)



Burpee with push-up:

- Bend down to toes with hands on the ground
- Kick feet back to plank position
- Do a push up
- Kick feet back up to hands
- Stand and jump

Burpee with-out a push-up:

- Bend down to toes with hands on the ground
- Kick feet back to plank position
- Kick feet back up to hands
- Stand and jump

C- Jumping-Split Lunge/ Regular Lunge (Regression)



Jumping- Split Lunge

- Beginning in a lunge position, right foot forward, left foot back
- Bending in the legs keeping an upright position
- Jumping up bringing both feet up off the ground
- Landing back into the same lunge with the same feet placement

- Repeat same form for other side, beginning with left foot forward and right foot back

Regular Lunge (Regression)

- Begin standing, step forward with right foot
- In lunge position the right foot is forward, left foot back and core upright
- Bring the right foot back to standing
- Keeping the same form step forward into the left foot lunge

D - Kickback with ab crunch/ Fire hydrant (Regression)

Get on your knees with palms flat on the floor, shoulder width apart - Shift your weight to one side



Exhale as you flex your foot and push straight up through the heel



Squeeze and hold

Inhale and slowly lower your leg down to the starting position



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Kickback with ab crunch

- Begin in tabletop position, keeping core tight
- Kick right leg back and upward while keeping a bend in the knee
- Bring leg back down and through neutral
- Bring the leg forward towards the core for an ab crunch
- Then bring the leg back to begin another kickback
- Repeat for both sides

Lunge (Regression)

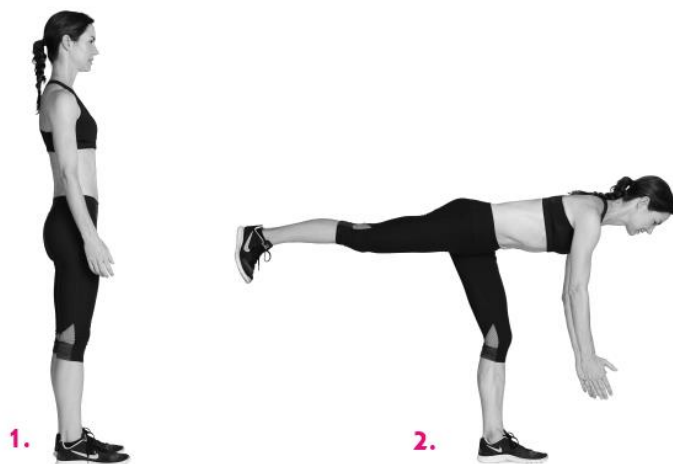
- Begin in a tabletop position, keeping core tight
- Lift right leg laterally and towards the ceiling while remaining bent in the knee
- Bring leg back to center
- Repeat for the left

E – Single Leg Deadlift with Kettlebell / Single Leg Deadlift w/o weight (Regression)



Single Leg Deadlift w/ kettle bell:

- Begin standing up with legs spread out at the shoulder's height
- Hold the kettle bell by the handle with the opposite hand from the leg that will remain on the floor
- Stand on one leg (the opposite side that you hold the kettlebell).
- Keep your knee lightly bent and perform a stiff-legged deadlift by bending at the hip.
- Extend your free leg behind you for balance
- Lower the kettlebell until it's parallel to the floor
- Return to the upright position, bringing all the weight to the glutes as they contract



Single Leg Deadlift w/o weight (regression):

- Begin standing up with legs spread out at the shoulder's height
- Stand on one leg (whichever leg that will be performing the single deadlift)
- Keep your knee lightly bent and perform a stiff-legged deadlift by bending at the hip.
- Extend your free leg behind you for balance
- Lower your hand until it is parallel to the floor
- Return to the upright position, bringing all the bodyweight to the glutes as they contract

F- Skater Lunge / Side Lunge (Regression)



Skater Lunge:

- Keep your core tight and back flat as you bend slightly forward
- Perform a small jump to the right. As you do, bring your left leg behind you and tap the ground
- At the same time, bring your left arm in front of you
- Now, jump to the left, bringing your right leg behind you and your right arm in front of you
- Repeat the movement, alternating back and forth

Regression: Side Lunge

- Feet shoulder width apart and keep core tight.
- Step one foot out to one side.
- Bend slightly at extended knee and lower in a squat position.
- Hold position for one second.
- Return to starting position.
- Repeat exercise on alternate leg.

G – Single Leg Hip thrust / Double Leg Hip Thrust (Regression)



Single Leg Hip Thrust:

- Begin by laying on the mat facing the ceiling
- Bend your knees approximately at 45°
- Fully extend one leg
- Lift hips towards the ceiling using one leg as support, do it without raising the feet or shoulders off the floor
- Form a straight line from the shoulders to the knees.
- Contract the glutes together as hips go up.
- Lower hips to the floor



Double Leg Hip Thrust (regression):

- Begin by laying on the mat facing the ceiling
- Bend your knees approximately at 45°
- Lift hips towards the ceiling using both legs as support, do it without raising the feet or shoulders off the floor
- Form a straight line from the shoulders to the knees.

- Contract the glutes together as hips go up.
- Lower hips to the floor

H - Transition to each station: Monster walk



- Begin standing up with legs spread out at the shoulder's height
- Bend knees slightly keeping the core tight
- Take short steps forward alternating your left and right foot.
- Note, using a TheraBand is optional. Using a TheraBand would be the progression of this transitioning exercise