

F IS FOR FIT FRIENDS



CIRCUIT BY THEA, SAMANTHA, JESSICA, LAUREN, AND LAURA

Workout Description: This is a Spongebob themed circuit designed for friends to get fit together.

Amount of Stations: Consists of 7 total stations.

1. Sit-ups
2. Push-ups
3. Plank
4. Russian Twist
5. RDL
6. Teeter Totter
7. Sprints

Time per Station: Perform the exercise for 60 seconds per station.

Changing Signal: We will be using a whistle signaling when to switch stations.

Number of Circuits: Perform circuit 6 times through with 2.5 min rest after each complete circuit for a total of a ~45-minute class.

Equipment needed: medicine balls, dumbbells, resistance bands, cones, timer, and mats. (also a friend!)

Safety Concerns: The biggest safety concern during this workout is the clients getting injured. To prevent this we will stress the importance of proper form and technique for each exercise as well as allowing the exercises to be self-paced. Each group member (besides the timer) will be assigned to 2-3 stations and walking around, watching the clients through the circuit to remind those who need it of proper form and technique.

1. Sit-ups



Sit-ups: Sit directly in front of your partner with feet intertwined and perform a sit-up. At the top of the sit-up, pass the ball across to the partner. One person will perform the sit-up with the ball at a time.
Regression: Take out medicine ball and just do sit-ups
Progression: Increase the weight of the medicine ball.

2. Push-ups w/ claps



Push-ups w/claps: Start in the push-up position directly in front of your partner. Each partner will perform a push-up. At the top of each push up, use one hand to clap hands with your partner.
Regression: Perform “girl” push-ups by starting the push-up position on your knees.
Progression: Add a plate on the back to add resistance to the push up.

3. Plank (The Plankton Station)



Plank: Start by placing forearms on the floor with elbows directly underneath the shoulders and feet hip-width apart. Raise the body into a flat straight line. Push the elbows onto the ground, brace the core and squeeze the quads and glutes. Don't forget to breathe.

Regression: Do a bent-knee plank

Progression: Do a straight arm plank (push-up position) and high five your friend.

4. Russian Twist



Russian Twist: Start by sitting down on a yoga mat with knees bent slightly at a 90-degree angle. Lift up legs off the floor and lean back slightly while bracing the core throughout the exercise to engage the core. The body should be bent in a V-shape when legs are lifted off the floor and you have leaned back slightly. While balancing yourself, twist the torso back and forth from one side to the other while keeping legs off the floor and motionless.

Regression: When performing the exercise, do not hold any weight.

Progression: Add weight from a dumbbell or medicine ball to increase intensity.

5. Standing single-legged RDL.



Single Legged RDL: Start balanced on one leg. Then slowly reach your arms towards the ground with a flat back (lightly tap the ground). The standing leg's knee slightly bent (130-140 degrees) and the leg in the air should extend back. High five your friend (who is standing next to you) after each one when you reach back to the top.

Regression: RDL on both feet

Progression: Add weight.

6. Teeter totter (Fighting over the secret formula)



Teeter Totter: One person will pull the band up with their arms straight over their head. Their partner will squat down and pull their end of the band with them. Then the two partners switch movements and continue to go back and forth and a pace they feel is suitable.

Regression: Free body squats.

Progression: Add a jump.

7. Sprints (catching jellyfish in jellyfish field)



Sprints: The partners will both start on one end of the gym and sprint to the other side of the gym. Once the participants reach the other side, they next walk back to the starting point and then repeat.

Regression: Speed walk instead of sprinting.

Progression: Sprint to the other side of the gym and back instead of walking back.

Yardwork

Presented by: Dylan Feichko, Elijah Gidlow, Joseph Lalonde, Oliver Schultz, Jonathan Ward

Theme: Full body circuit themed workout in your own backyard

Circuit Stations:

1. Partner plank rows (focus on upper core)
 - a. Start in plank position, grasp partners hand and pull. One partner pulls all the way back, followed by the other.
 - b. Regression (Option 1): Do not pull, only alternate hands in plank.
 - c. Regression (Option 2): Only plank



2. Triceps dips (upper extremity push)
 - a. Putting hands on a chair while facing away, lowers body down till your arms are at a 90-degree angle.
 - b. Regression: Bend your knees to form a 90-degree angle with feet flat on floor to cause less resistance on triceps.



- 3. Single-Leg/Double-Leg rows (focus on core engagement and arms)**
- a. On one leg, while bending over, flex the elbow to bring dumbbells towards the body.
 - b. Regression: Use no weight or do the rows using both legs.



- 4. Russian Twists (medicine ball optional)**
- a. Rotational twist with weight or medicine ball
 - b. Regression: Use no weight or plant feet on the ground.



5. Jumping squat to single-leg isolation

- a. Start with a squat jump, land on one leg for isolation.
- b. Regression: only perform a two-leg squat jump.



Start



Finish

6. Weighted Romanian Deadlifts

- a. Start with a kettlebell in both hands while standing up straight. Bend over letting the weight drop-down, and making sure not to lift with your back. After this, come back up to the starting position. It can be performed with any weight (kettlebell, dumbbell, medicine ball).
- b. Regression: Perform with no weight



A.

B.

7. Squat thrusters

- a. Start with weights in both hands that are shoulder-distance apart. Dip down into a squat before coming back up and lifting the weight above your head. This can be performed with any resistance (kettlebell, dumbbell, resistance bands).
- b. Regression: perform with no weight



Time at Each Station: 40 seconds

Number of People Per Station: 2 people

Station Change Signal: Whistle

The recommended number of circuits for a 45-minute class: 4

Safety Concerns: Injury-prone populations such as seniors, correct form while doing each exercise, and previous injuries in specific individuals

Required Equipment: A yard, 1 medicine ball (optional), 2 dumbbells (or a free weight alternative such as heavy books), 1 recommended partner, 1 chair