

Lets Get Schhhweaty Circuit

- A) Corey, Quinn, Joel, Kody
- B) Lets Get Schhhweaty is the name for our circuit and the theme is short shorts and headbands.
- C) 7 Station Workouts
 - a. Bicep Curl/ Bicep curls Into Shoulder press
 - b. Squats/ Jump Squats
 - c. Russian Twists/ Russian twists w weight
 - d. Push up/ Spiderman Pushups
 - e. Lunge/ Jump lunges
 - f. Jump/ Plank side-step
 - g. Plank jumps/ Burpees
- D) Each Station will consist of 60 seconds each.
- E) Two people will be assigned to each station consisting of a total of 14 people.
- F) We will Use a whistle to alert the stations that it is time to switch.
- G) We would recommend doing a total of 10 exercises for a total of 4 rounds.
- H) Our safety concerns as a group for a is making sure that they are keeping their core tight throughout the whole lift and keeping a solid base to make sure that they don't lose their balance. For the Russian twists we want to make sure that they maintain an upright posture and that they are having a controlled movement so they don't pull a muscle or strain their back. For the burpees we want to make sure that they are landing softly when coming down from the jump so they don't damage their knees. The last thing we would check for is that our participants maintain a flat back during their plank to not give the back a relaxed feel. Our regressions and progressions are listed in part C.



Superhero Fat Smasher



Circuit by: Raeann, Brianna, Brendan, Victoria, Vivian and Alex

Workout Description:

Perform each exercise for 40 SECONDS and JOG to the next station at the sound of the WHISTLE.

Completion of 7 stations = 1round

Complete 6 rounds for entire workout, taking a 2 minutes rest after every round.

Total time= approx. 40 minutes

This circuit is designed for the general population, most of these exercises can be completed using body weight only.

Exercises

1. Jumping Jacks
Regression= no jump, step jumping jacks.
2. Jump Squats
Regression= air squats
3. Stationary Lunges with weight
Regression= no weight.
4. Spiderman Plank
Progression= add push up.
5. Rows
Progression= Increase dumbbell weight.

6. Russian Twists with weight
Regression= no weight

7. Superman holds
Progression= add weight.

Jumping Jacks



Jump Squat



Air Squat



Lunges



Lunges with weights



Spiderman Plank with Push up



Spiderman plank



Bent

Over

Row



Russian Twist



Russian Twist with Medicine Ball



Superman Holds



Superman Holds with Weight

