

### 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 done 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

