



Circuit Training

Circuit A		Circuit B	
Lunges	2x20	Split Jump Lunge	2x30s
Mtn Climbers	2x30s	Crunches	4x10 alt knee
Linebackers	2x15	Jump Squats	2x15
Lateral Box Jumps	2x15	Glute Bridge	2x15
Wall Sits	1 min	Bleacher High Knees	2x15

*Like colors superset

TRX Circuit	2 Cycles
Assisted squats	2x15
1 leg squat	2x15
Right-out-up Shoulders	2x12
Glute Bridge	2x12
Rows	2x15
Balance lunge	2x15

Circuit D:

- 5 Pull ups
- 10 jump Squats
- 15 Push Ups
- 20 Split Jump Lunges
- 25 Crunches