



TRX Circuit

Equipment needed- bar/tree

Estimated training time- 40 minutes

Complete a cardio choice followed by the first set of reps of each exercise, then pick a cardio choice again and complete the second set of reps of each exercise. Continue this with no rest until you go through all four cardio's and all four sets of reps.

Skip/Stairs/Run hard for 90s

Pull ups 15,13,11,9 reps



Push ups 20,18,16,14 reps



Single leg squat 10,9,8,7 reps each leg



Knee tucks side to side 18,16,14,12 reps



Bridge (feet in) 90s



Roll outs 20,18,16,14



Bridge (feet in) hand offs 20,18,16,14





Bodyweight Circuit 1

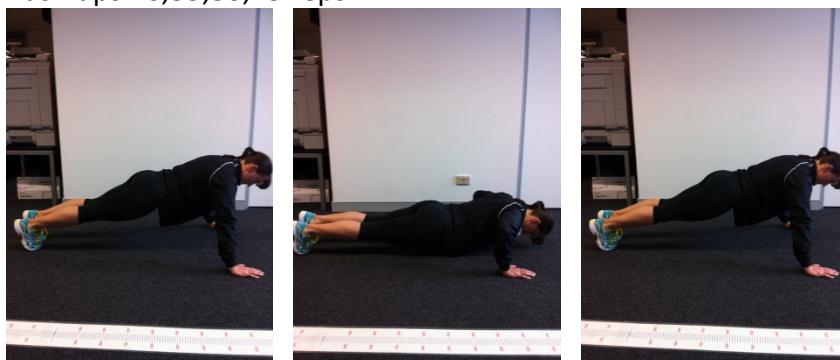
Equipment needed- chair/bench/pole

Estimated training time- 40 minutes

Complete the run followed by the first set of reps of each exercise, then run again and complete the second set of reps of each exercise. Continue this with no rest until you go through all four runs and sets of reps.

Run hard for 60s (30s out, turn 30s back)

Push ups 40,35,30,25 reps



Pull ups 20,18,15,12 reps

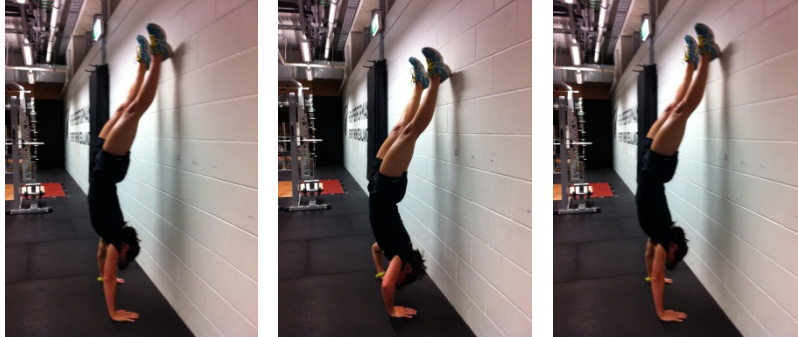


SL squat to (chair or bench, make sure the depth is low) 10,9,8,7 reps each leg





Hand stand presses (against a wall or tree) 10,9,8,7 reps



Sit ups 40,35,30,25 reps



Leg raises 20,18,15,12 reps



Bridge 90s





Bodyweight Circuit 2

Equipment needed- bar/tree

Estimated training time- 40 minutes

Complete a cardio choice followed by the first set of reps of each exercise, then pick a cardio choice again and complete the second set of reps of each exercise. Continue this with no rest until you go through all four cardio's and sets of reps.

Skip/Stairs/Run hard for 90s

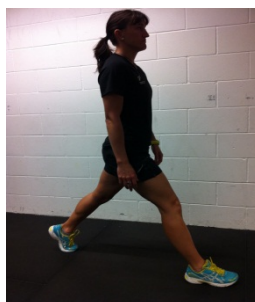
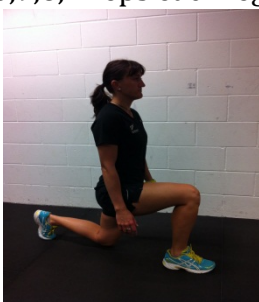
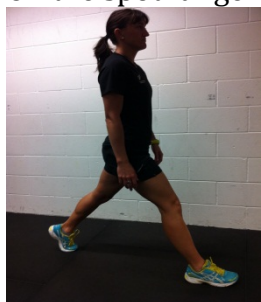
Hand release push ups 30,25,20,15 reps



Chin ups 10,9,8,7 reps



On the spot lunge 10,9,8,7 reps each leg





Bridge to push up position 20,18,15,12 reps



V sit ups 20,18,15,12 reps



Dead bug 20,18,15,12 reps



Side bridge 45s each side



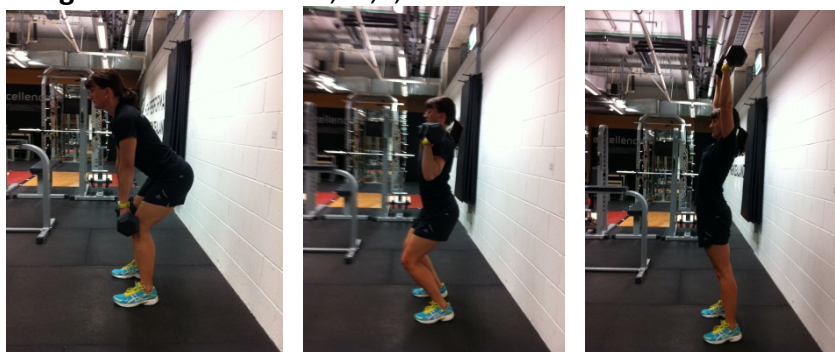


Dumbbell Circuit

Complete a cardio choice followed by the first set of reps of each exercise, then pick a cardio choice again and complete the second set of reps of each exercise. Continue this with no rest until you complete four cardio's and all four sets of reps.

Bike/Run/Row/Skip hard for 2 minutes

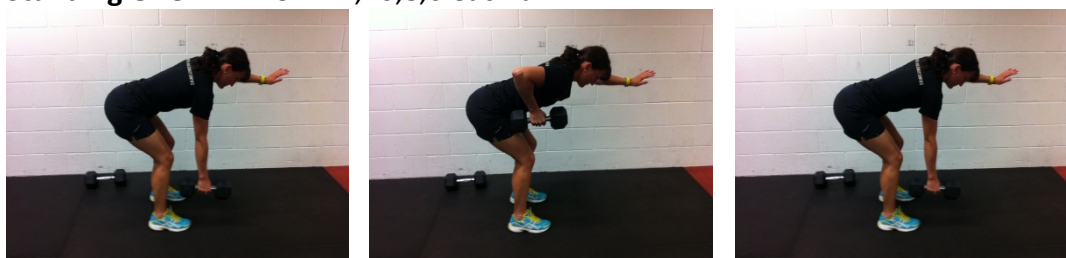
Hang Clean and Press 12,10,8,6



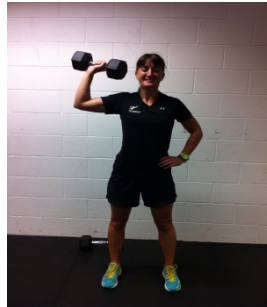
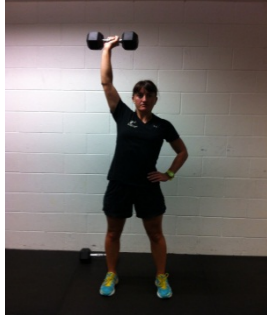
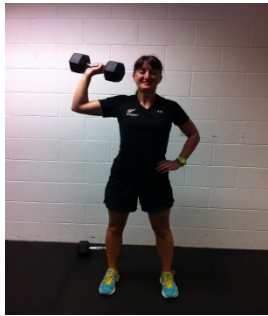
Single Arm Floor Press 12,10,8,6 each arm



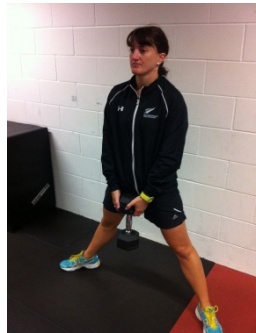
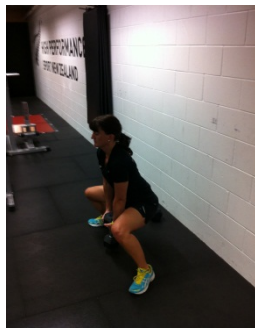
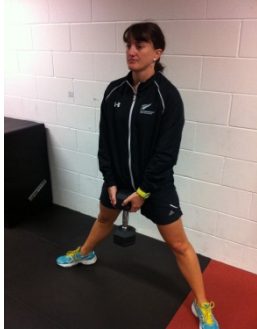
Standing One Arm Row 12,10,8,6 each arm



Single Arm Shoulder Press 12,10,8,6 each arm



Sumo Deadlift 15,14,13,12



Sit up 30,25,20,15



Russian Twist 30,28,26,24



Bridge 90s





Swiss Ball Circuit

Complete a cardio choice followed by the first set of reps of each exercise, then pick a cardio choice again and complete the second set of reps of each exercise. Continue this with no rest until you go through four cardio's and all four sets of reps.

Bike/Run/Row hard for 3 minutes

Roll outs 30,25,20,15



Knee tucks 20,18,16,14



Pull ups 15,14,13,12



Push ups 20,18,16,14



Single leg squat against wall 12,11,10,9



Single leg leg curls 15,14,13,12



Hip thrusts 40,35,30,25



V sit ups 20,18,16,14

