



Weighted Circuit with Dumbbells

Plank
Push Up
Row (Right then Left)
Sumo Dead Lift
Bicep Curl
Push Press

See how many times through you can complete in 60secs, then 90 secs, and then 60secs.



Stairs/Hill Glute Buster

30-60 secs. up/down
followed by 12 reps of each exercise

Squats
Fire Hydrant (12 ea. leg)
Donkey Kicks (12 ea. leg)
Glute bridge hip raises
Side laying clams (12 ea. leg)
Fwd lunge (6 ea. leg)

Complete as many rounds as you can in 25 minutes.



Walkercise

Do you enjoy walking outside? Kick it up a notch and add these exercises to your walk when you....

- *pass a stop sign – 10 squats
- *pass a mailbox w/ a 0 in the address: side leg lifts 5 ea. leg
- *cross a person: 10 jumping jacks
- *cross a speed limit Sign: 10 calf raises
- *see a red car: 10 skips
- *see a black truck: side reaches (5 ea side)
- *see a motorcycle- jog for 10 sec.



Coremania!

Each exercise is done continuous for 15-45 seconds. Complete 5 rounds.

- Plank- Sagittal toe taps- (alternating)
- Bird dog crunch*
- Laying leg raises*
- Standing oblique crunch with knee lift*
- Opp. elbow crunch to opp. Knee (alt)
- Boat hold
- Russian Twists (feet on or off ground)

*exercise is performed on R side for time selected and then repeated on L side for time selected