

Bodyweight Circuit

The circuit should start with 2 upper and 2 lower body warm-up exercises from the warm-up section.

A	B	C
SQUAT	SQUAT	JUMP SQUATS
PUSHUPS	PUSHUPS CLOSE GRIP	PUSHUPS CLAP
SPLIT SQUAT	LUNGE - FORWARD/BACKWARD	WALKING LUNGE WITH TWIST
PRONE BRIDGE (PLANK) (30s to 60s)	SIDE BRIDGE (PLANK) (30s EACH SIDE)	RUN SHUTTLE (5-10-20m)
WALL SIT (30s to 60s)	RUN SHUTTLE (5-10-20m)	PRONE BRIDGE (PLANK)
SUPINE CHINS	SUPINE CHINS	CHINS
SQUAT	WALKING LUNGE	JUMP SPLIT SQUATS
BENCH DIPS	BENCH DIPS	DIPS

To do these circuits, work down the list without resting between exercises. Exercise technique is still very important. Do not add weight or increase speed if your technique is not good enough.

NOTE:

- RUN SHUTTLE 5-10-20m Place a marker at 0, 5, 10 and 20metres. Sprint from 0m to 5m and back to 0m. Then from 0m, sprint to 10m, back to 0m, out to 20m and back to 0m
- Sets and Reps: 2 x 10 progressing to 3 x 20
- Start with 2 circuits of 10 repetitions. If you can manage this, increase the repetitions to 15 and then 20. Once you can do 2 sets of 20 repetitions, start again at 3 sets of 10 and increase the reps as you get better. Progress to 4 circuits.
- Start with a 3 minutes rest between sets. As you get fitter, reduce this by 30seconds until you rest for only 1 minute.

IMPORTANT: *Circuit 'C' has some very advanced exercises, so you need to be very good at Circuit 'B' first.*