

Whole Body Circuit

This will target all areas of the body, in just 6 exercises



ELITE
PERFORMANCE
TRAINING

Exercise		Reps	Rest	Notes
A1	Bulgarian Split Squats	10 each	0	
A2	Alternating Jumping Split Squats	10 each	0	Jump as high as possible
A3	Pushups	15	0	
A4	Plank With Shoulder Touches	15 each	0	Keep your body flat and core activated, do not rush your touches
A5	Supermans	10	0	Hold at the top of each rep for 2 seconds
A6	Bird Dog	8 each	1m 30s	Hold at the top of each rep for 2 seconds
*Do as many sets of A1-A6 as you can / have time for				
				