# Circuit Training Daily Body Practice: Circuit II

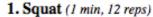
## **Before You Begin**

Warm-Up: Light Cardio (5 min)



•Do enough to get your blood flowing, warm your body and prepare for more intense activity.

## **Session Sequence (30 minutes)**





2. Jumping Rope (3 min)



3. Static Lunge (1 min, 6 reps per side)



4. Jog or Walk



5. Pushup (1 min, 12 reps)



6. Squat with Front Kick (3 min)







7. Triceps Dip (1 min, 12 reps)



8. Squat Thrust (3 min)



#### 9. Standing Calf Raises

(1 min, 12 reps)



10. Tricep One-Armed Pushup

(2 min, 12 reps per side)



11. Plyo Jacks (1 min)



13. Plie Squat with Jumps









14. Pushup with Side Plank (2 min, 12 reps)

12. Side to Side Lunge (1 min)







15. Bicycle Crunch (1 min, 12 reps)





16. Side to Side Jump (1 min)





17. Bird Dog (1 min, 12 reps)



### **After You Finish**

#### Cool Down and Stretch (5 min)



- •Cool down with light cardio for 2 minutes then stretch 3 minutes. Examples: march in place, jog in place, etc. Let your heart rate come down gradually. Stretch for 3 minutes.
- Write your activity and experience in your activity journal.