

Introduction

Complete 5 rounds of this circuit style workout as fast as you can. If you can't complete all reps in a row you will need to take rests and you will know what exercises you may need to improve upon.

Warmup

Complete a 3 step warm up

Summary of program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Push Up	Exercise	5	20		fast	hard	n/a
Step Up to Balance - Frontal Plane	Exercise	5	20		fast	hard	n/a
Jumping Jacks	Exercise	5	50		fast	hard	n/a
Plank Matrix	Exercise	5	3		fast	hard	n/a
Double Stair Step Up	Exercise	5	20		fast	hard	n/a

Cool Down: Complete a 3 step cool down

Push Up

Reps : 20 Sets : 5 Intensity : hard
Tempo : 20 Rest : fast Duration :

Movement :

- Flexing at elbows, lower the body, maintaining neutral spine.
- Push back to starting position.
- Use desired REP TEMPO.

Preparation :

- In a prone position, place hands at a width that will allow the forearms to be perpendicular to the floor when the elbows are flexed at 90 degrees.
- Come into plank position with elbows extended, make sure the entire body is in a neutral position.



Step Up to Balance - Frontal Plane

Reps : 20 Sets : 5 Intensity : hard
Tempo : 20 Rest : fast Duration :

Movement :

- Step onto box with 1 leg, keeping foot pointed straight ahead and knee lined up over mid foot.
- Push through heel and stand up straight balancing on one leg.
- Flex the other leg at the hip and knee, dorsiflex foot.
- Return opposite leg to the ground and step off the box.
- Alternate legs.

- NOTE: This can be done in all three planes of motion, Frontal, Saggital and Transverse Planes

Preparation :

- Stand in front of 6"-18" box with feet shoulder width apart.



Jumping Jacks

Reps : 50 Sets : 5 Intensity : hard
Tempo : 50 Rest : fast Duration :

Movement :

- Jump your feet laterally and back in while spreading your hands outward to the sides and over head in a constant motion.

Preparation :

- Stand upright.

Plank Matrix

Reps : 3 Sets : 5 Intensity : hard
Tempo : 3 Rest : fast Duration :

Movement :

- To complete 1 rep = Bring the right knee in towards the chest and back. repeat with opposite leg. Then from the ips move your leg laterally and back in. Repeat with other leg. Then from the hips extend your leg towards the sky and back down. repeat with other leg.

Preparation :

- Plank with elbows on the floor just under your shoulders and toes on the floor creating a plank with your body. Posture should be straight with no sagging hips or poking head.

Double Stair Step Up

Reps : 20 Sets : 5 Intensity : hard
Tempo : 20 Rest : fast Duration :

Movement :

- skip the first step and step up to the second stair repeat for the desired rep then switch the lead leg.

Preparation :

- Stand at the bottom of the stairs.
