

Circuit #1

30 seconds

10-20 reps

Full Squat

Full Sit-up with twist

Full Back Extension

Push-ups

Single Leg Calf Raises

Side Lunge

Pump Sit up

4 Point Arm and Leg

Push-ups

Single Leg Deadlift

Reverse Lunge

V Sit-up

Alternate Back Extension

Push-ups

Single Leg Calf Raises

Circuit # 4

10-20 reps

Reverse Lunge
Bent Knee Rotation
Glute Bridge leg Lift
Roll Over Push-ups
Single Leg Calf Raises

Single Leg Squat
Pump Sit up
Alternating Back Extension
Push-ups
Single Leg Deadlift

Side Lunge
V Sit-up
Lower back Extension
Push-ups
Single Leg Calf Raises

Full Squat
Full Sit-up
Full Back Extension
Push-ups
Single Leg Deadlift

Circuit #2

30 seconds

10-20 reps

Full Squat

L Sit Hug

Alternating Back Extensions

Roll Over Push-ups

Single Leg Deadlift

Single Leg Squat

4 Count Leg lowering

Glute Bridge leg Lift

Push-ups Hands Together

Single Leg Calf Raises

Forward Lunge

Windshield Wiper

4 Point Arm and Leg

Push-ups

Single Leg Deadlift

Circuit #5

30 sec

10-20 reps

Single Leg Balance

L Sit Hug

Full Back Extension

Push-ups normal

Single Leg Balance

Side Crunch

Aternating Back Extensions

Push-ups Clap

Single Leg Balance

Pump Sit up

4 Point Arm and Leg

Push Ups - Hands together

Single Leg Balance

V Sit-up

Glute Bridge leg Lift

Push-ups Circle

Circuit #3	10-20 reps
Dynamic Balance	8-12x each leg
L Sit Hug	
Full Back Extension	
Push-ups normal	
Long Lunge	5-10m
Dynamic Balance	8-12x each leg
Side Crunch	
Aternating Back Extensions	
Push-ups Clap	
Side Lunge (left lead)	5-10m
Dynamic Balance	8-12x each leg
Pump Sit up	
4 Point Arm and Leg	
Push Ups - Hands together	
Side Lunge (right lead)	5-10m
Dynamic Balance	8-12x each leg
V Sit-up	
Glute Bridge leg Lift	
Push-ups Circle	
Short Lunge	5-10m

Circuit # 6 10-20 reps

Forward/Backward Lunge 5-10 x each leg

L Sit Hug

Full Back Extension

Push-ups normal

Forward/Backward Lunge 5-10 x each leg

Side Crunch

Aternating Back Extensions

Push-ups Clap

Forward/Backward Lunge 5-10 x each leg

Pump Sit up

4 Point Arm and Leg

Push Ups - Hands together

Forward/Backward Lunge 5-10 x each leg

V Sit-up

Glute Bridge leg Lift

Push-ups Circle

Circuit #7

10-20 reps

Reverse Lunge

Side Lunge

Full Squat

4 point Arm and Leg

Alternating Back Extension

Full Back Extensions

Windshield Wiper

4 Count Leg lowering

L Sit Hug

Roll Over Push-ups

Push-ups Hands Together

Push-ups

Circuit # 8

10-20 reps

Body Weight Squat

L Sit Hug

Full Back Extension

Push-ups normal

Lunge

Pump Sit up

Aternating Back Extensions

Push-ups Clap

Step ups

Bent Knee Rotation

4 Point Arm and Leg

Push Ups - Hands together

Squat Jumps

V Sit-up

Glute Bridge leg Lift

Push-ups Circle

Circuit # 9

10-20 reps

Advancing Lunges

Forward/Backward Lunge

5-10 x each leg

L Sit Hug

Full Back Extension

Push-ups normal

Side Lunge/Side Lunge

5-10 x each leg

Side Crunch

Aternating Back Extensions

Push-ups Clap

Forward/Backward Lunge

5-10 x each leg

Pump Sit up

4 Point Arm and Leg

Push Ups - Hands together

Side Lunge/Side Lunge

5-10 x each leg

V Sit-up

Glute Bridge leg Lift

Push-ups Circle

Circuit #10

30 seconds

10-20 reps

Full Squat

Full Sit-up with twist

Full Back Extension

Push-ups

Single Leg Deadlift

Single Leg Calf Raises

Side Lunge

Pump Sit up

4 Point Arm and Leg

Push-ups

Single Leg Deadlift

Single Leg Calf Raises

Reverse Lunge

V Sit-up

Alternate Back Extension

Push-ups

Single Leg Deadlift

Single Leg Calf Raises

Circuit # 11

10-20 reps

Forward Lunge

L Sit Hug

Full Back Extension

Push-ups normal

Single Leg Deadlift

Side Lunge

Side Crunch

Aternating Back Extensions

Push-ups Clap

Single Leg Calf Raise

Backward 4 o'clock Lunge

Pump Sit up

4 Point Arm and Leg

Push Ups - Hands together

Single Leg Deadlift

Reverse Lunge

V Sit-up

Glute Bridge leg Lift

Push-ups Circle

Single Leg Calf Raise

Circuit #12

30 seconds

10-20 reps

Full Squat

L Sit Hug

Alternating Back Extensions

Roll Over Push-ups

Single Leg Deadlift

Single Leg Calf Raises

Single Leg Squat

4 Count Leg lowering

Glute Bridge leg Lift

Push-ups Hands Together

Single Leg Deadlift

Single Leg Calf Raises

Forward Lunge

Windshield Wiper

4 Point Arm and Leg

Push-ups

Single Leg Deadlift

Single Leg Calf Raises