

## 22 Minute Circuit Challenge – Aim to do it 3 times a week.

Each exercise including the recovery time is 1 Minute. Set a timer on an App.

You don't need a gym or a court. Warm up. Do a dynamic stretch. Then start with...

LEVEL 1. 20 secs of doing each exercise and then rest for 40 secs.

That's easy... Right!!! When you can do that then try....

LEVEL 2. 30 secs of the exercise and rest for 30 secs.... Bit harder?? If you can do that try...

LEVEL 3. 40 secs exercise and 20 secs rest.... that's a bit more challenging.

LEVEL 4. 45 secs exercise and 15 secs rest.... only 1 more level to go.

LEVEL 5. 50 secs exercise and 10 secs rest.... Smashing it!!!

Try to increase the level of your exercise time in the circuit. See what you can do and build up.

If there are some exercises you can't do for the full exercise time – stop and rest earlier.

1. Forward lunge. Left leg.
  2. Forward lunge. Right leg
  3. Side plank. Left side
  4. Squat thrusts
  5. Side plank. Right side
  6. Standing Tuck jumps.
  7. Press ups – Normal with elbows out to sides
  8. Raise alternate elbows to knees – Standing
  9. Back lunges – Left leg
  10. Crunches
  11. Back lunges – Right leg
  12. Burpees
  13. Lying superman
  14. Squat and then jump high
  15. Sprint starts -Squat thrusts but alternate 1 leg forward and one back. Swap legs each time.
  16. Press ups – with elbows tucked in.
  17. Crunches – alternate elbows to knees
  18. Forward lunge. Left leg.
  19. Forward lunge. Right leg
  20. Full plank
  21. Calf raise on step – Left leg
  22. Calf raise on step – Right leg
- Now cool down and static stretch.

Only do exercises that you know how to do. If you don't know and can't find out from a qualified instructor I'll show you at next squad. If you are unsure whether you should do an exercise check with an appropriate professional or physio before doing it.