



Full Body Circuit 1

Equipment

Heavy Rucksack

Time

30 Minutes

Warm Up

Jogging on the spot with 10 reps of a body weight exercise every 15 seconds (press up, sit up, burpee etc)

3 x 1 Minute of Shadow Boxing.

Circuit

Rest for 15 seconds between each exercise and rest for 2-3 minutes between each round.

Exercise	Round 1	Round 2	Round 3
Squat Jumps	60 Seconds	60 Seconds	45 seconds
Bag Shoulder Press	60 Seconds	60 Seconds	45 Seconds
Situps	60 Seconds	60 Seconds	45 seconds
Lunges (Weighted)	60 Seconds	60 Seconds	45 Seconds
Press Ups	60 Seconds	60 Seconds	45 Seconds

Cool Down

Slow jog on the spot with shaking of the arms and the legs.

Full body stretches – PDF downloadable from Website.