



Full Body Circuit 2

Equipment

Stairs

Water Bottle Large.

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
Stair Sprints	60 Seconds	60 Seconds	45 seconds
Press Up	60 Seconds	60 Seconds	45 Seconds
Goblet Squat Water	60 Seconds	60 Seconds	45 seconds
Burpees	60 Seconds	60 Seconds	45 Seconds
Spiderman Mountain Climbers	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.