



Lower Body Circuit 1

Equipment

Rucksack with Heavy Items

Time

30 Minutes

Warm Up

Jogging on the spot with interval sprints of 10,15,20,25 and 30 seconds.

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
Squats Jumps	60 Seconds	60 Seconds	45 seconds
Flutter Kicks	60 Seconds	60 Seconds	45 Seconds
Jump Lunges	60 Seconds	60 Seconds	45 seconds
Split Squat	60 Seconds	60 Seconds	45 Seconds
Side Leg Raises	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.