



## Upper Body Circuit 2

### Equipment

Water Bottles x 2

Rucksack with Heavy Items

### Time

30 Minutes

### Warm Up

Jogging on the spot with 5 sets of 10 burpees every 15 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
Bicep Curl (Water)	60 Seconds	60 Seconds	45 seconds
Straight Punches	60 Seconds	60 Seconds	45 Seconds
Bag Shoulder Press	60 Seconds	60 Seconds	45 seconds
Situps	60 Seconds	60 Seconds	45 Seconds
Plank	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.