



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TWO STRENGTH EXERCISES/ONE CARDIO WORKOUT

EQUIPMENT: MAT, HAND WEIGHTS (LIGHT/HEAVY), TIMER (I USE THE FREE INTERVAL TIMER APP)

SET TIMER: PERFORM EACH EXERCISE IN THE CIRCUIT FOR 1 MIN EACH/15 SEC BREAK. THEN REPEAT EACH EXERCISE FOR 30 SEC EACH/NO BREAK.

****BE SURE TO WARM UP BEFORE COMPLETING THIS WORKOUT.**

CIRCUIT 1:

1. **WIDE SQUAT WITH AN UPRIGHT ROW**
2. **REACH 1 HAND WEIGHT TO ANKLE IN LATERAL LUNGE (SIDE LUNGE) THEN PULL OUT WIDE, LEFT SIDE 30 SEC, RIGHT SIDE 30 SEC.**
3. **2 PUNCHES, 1 JACK (COUNT- PUNCH, PUNCH, IN /OUT)**

CIRCUIT 2:

1. **CURTSY LUNGE WITH LATERAL RAISE (SIDE RAISE)**
2. **ALTERNATING REAR LUNGES WITH BICEP CURL IN BETWEEN**
3. **SKATERS**

CIRCUIT 3:

1. **ALTERNATE SQUAT PICK UP HAND WEIGHTS, SQUAT PLACE HAND WEIGHTS DOWN AND JUMP UP**
2. **RENEGADE ROW (HOLD PLANK AND ALTERNATE ROW)**
3. **BURPEES (OPTION TO USE HAND WEIGHTS)**

CIRCUIT 4:

1. **CHEST PRESS WITH LEG LIFTS**
2. **1 TRICEP OVERHEAD EXTENSION (OPTION WITH 1 HAND WEIGHT), 1 JACK (COUNT- BACK, UP, IN, OUT)**
3. **2 PLANK JACKS THEN STEP FEET IN, IN, OUT, OUT (OPTION- JUMP BOTH FEET IN/OUT)**

CIRCUIT 5:

1. **DEAD LIFT, BICEP CURL, SHOULDER PRESS**
2. **SINGLE LEG DEAD LIFT TO KNEE, LEFT 30 SEC/RIGHT 30/SEC (OPTION- ADD A BICEP CURL)**
3. **SIDE SHUFFLE JUMP UP**

CIRCUIT 6:

1. **ALTERNATING FORWARD LUNGES WITH MILITARY PRESS**
2. **PLACE HAND WEIGHTS BY FEET, INCHWORM OUT, PUSHUP, WALK IN, STAND UP WITH WEIGHTS**
3. **QUICK FEET**

****COOL DOWN**

TOTAL TIME: EACH CIRCUIT WILL TAKE 5 MIN/15 SEC.

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We strongly recommend that you consult with your physician before beginning any exercise program. By using this content, you represent that you understand that physical exercise involves strenuous physical movement and that such activity carries the risk of injury whether physical or mental and you expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program.