











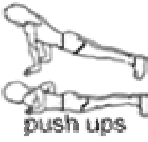

## FULL BODY CIRCUIT WORKOUT -3

| Description   | Tips   | Beginner                 | Intermediate             | Advanced                 |
|---|--|--------------------------|--------------------------|--------------------------|
| <p>Start at a level that suits you and do not over do it if you are just starting out. Follow the recommendations working at your own pace. When you feel ready try jogging or skipping for 15 - 30 secs between every second exercise.</p> <p>If you feel any form of pain or dizziness stop and rest. If it continues seek medical attention.</p> <p>Log your results to track your progress.</p> | <p><b>Before working out ALWAYS:</b></p> <ul style="list-style-type: none"> <li>- Do some warm up exercises</li> <li>- Stretch your muscles</li> </ul> <p><b>When stretching remember to:</b></p> <ul style="list-style-type: none"> <li>- Stretch all muscle groups</li> <li>- Focus on posture</li> <li>- Apply tension not strain ie. no pain</li> <li>- Breathe through all stretches</li> </ul> | 1 - 2 Circuits           | 1 - 2 Circuits           | 2 - 3 Circuits           |
|   |  | 30 secs per exercise     | 60 secs per exercise     | 90 secs per exercise     |
|   |  | 10 secs between stations | 10 secs between stations | 10 secs between stations |









**Remember this is a cardio workout therefore less weight and more reps is your goal**

### Log your results

| Date              |  |  |  |  |  |
|-------------------|--|--|--|--|--|
| Time start        |  |  |  |  |  |
| Time finish       |  |  |  |  |  |
| Start heart rate  |  |  |  |  |  |
| Finish heart rate |  |  |  |  |  |
| Recovery time     |  |  |  |  |  |
| Jog/skip time     |  |  |  |  |  |

|   | Exercise description  |  | Exercise description   |
|---|---|--|--|
| <br>jogging         | <b>Jogging on the spot</b><br>Just as it says, running on the spot can also be done on a small trampoline for less shock on your knees and hips.  | <br>tricep push up    | <b>Tricep push ups</b><br>Same as a push up, but this time bend your elbows so they stay close to your body. Still bending at elbows   |
| <br>rev bicep curl | <b>Reverse grip bicep curls</b><br>Standing up right, arms by your side and your hands are holding weights with your palms facing down. Bend your elbows until your knuckles are about six inches from your shoulder.   | <br>crunch with punch | <b>Crunch with a punch</b><br>Lying on your back on the floor, knees bent slightly, come up as you're doing a crunch, and as you reach the top position punch one hand at a time out to the front just above your knees and repeat with your other hand, then lower yourself and repeat. |
| <br>lunge          | <b>Lunges</b><br>Standing upright, take one big step forward, bend the front knee to 45 degrees. Now try and bend your back knee straight towards the ground. (Do not lean forward) Body position should only move downwards.   | <br>punch bag         | <b>Punch bag</b><br>If your have a punch bag available, just alternate punching for a period of time. Otherwise just punch out in front, making sure not to over extend arms   |
| <br>front raise    | <b>Front raises</b><br>Standing upright with your hands by your side, hold a weight in each hand, palms facing down. Then raise both arms to the shoulder keeping arms straight, then lower. (This can be done using alternate arms instead of both at the same time)   | <br>bunny hops        | <b>Bunny hops</b><br>Just as it sounds, hop between two points   |
| <br>push ups       | <b>Push ups</b><br>Push-ups are great way to strengthen arms, shoulders and back. Starting position is – arms straight out on the floor, toes on ground, lower yourself until your chest is nearly on the ground, bending the elbows, then push up by straightening your arms. Keep your body straight at all times | <br>upright row       | <b>Upright row</b><br>Standing upright while holding a bar in front of you with your palms facing down. (Arms are straight down) Keeping the bar close to your body raise the bar to your chin, keeping elbows above bar   |

### Before and after stretches - hold each stretch for at least 20 secs

|   |   |   |   |   |   |   |   |
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|  |  |  |  |  |  |  |  |
|---|---|---|---|---|---|---|---|