

BODY WEIGHT CIRCUIT

The Body Weight Circuit consists of 12 movements. The circuit can be performed in a time scheme or can be used with a repetition scheme. If the player chooses the repetition scheme each movement is to be completed for 20 repetitions and each abdominal movement in the circuit is for 90 seconds. The player is given 5 seconds to change exercises. If they choose to use the time scheme each exercise is to be done for 30 seconds with 5 seconds to change and abdominals are still 90 seconds. The circuit should be completed at least twice.

Exercise	Rest Period	Durations
1. Squats	5 Secs to switch	20 Reps
2. BW Dip	5 Secs to switch	20 Reps
3. Abs (90 Degree Crunch)	5 Secs to switch	90 Seconds
4. Split Squat Jump	5 Secs to switch	20 Reps
5. Elevated Push Ups	5 Secs to switch	20 Reps
6. Abs (Plank Hold)	5 Secs to switch	90 Seconds
7. Alternating Front Lunge	5 Secs to switch	20 Reps
8. Diamond Push Ups	5 Secs to switch	20 Reps
9. Abs (Reverse Crunch)	5 Secs to switch	90 Seconds
10. Squat Jumps	5 Secs to switch	20 Reps
11. Push Ups	5 Secs to switch	20 Reps
12. Abs (Butter Fly Crunch)	5 Secs to switch	90 Seconds

Exercises



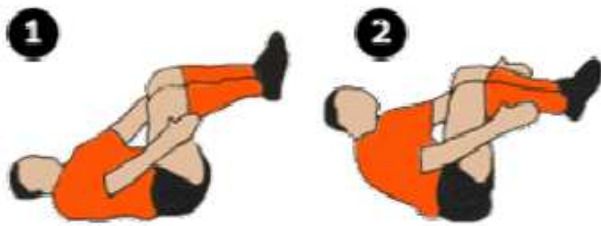
Squats

1. Keep your head up, your back straight, and your feet shoulder width apart. 2. Bend your knees, squatting down until your upper thighs are parallel to the floor. Straighten your legs and return to the starting position.



BW Dip

1. Position yourself at the edge of a chair or bench and lift yourself so that you are held erect by your arms. 2. Lower your body down as far as possible. Pause a moment and then press yourself back up until your elbows are again locked.



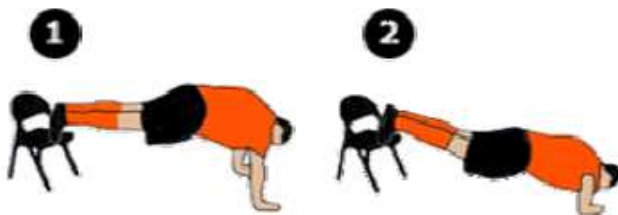
Abs (90 Degree Crunch)

1. Lie on the floor on your back, knees bent at a 90 degree angle. Lift your head and shoulder blades slightly off the floor. 2. In a curling motion, slowly bring your torso toward your knees. Hold for two seconds and lower your torso back to the floor, knees at 90 degree angle.



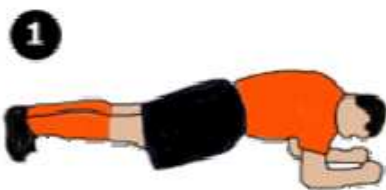
Split Squat Jump

1. Assume a stance with one leg extended forward and the other behind the midline of the body as in a lunge position. 2. Explosively jump off the front leg into the air. 3. Land back in the lunge position (same leg forward) and immediately repeat the jump.



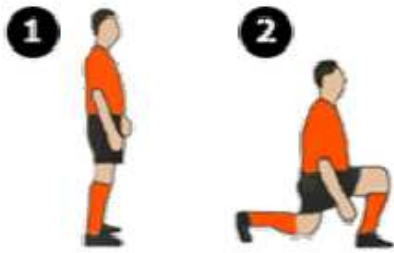
Elevated Push Up's

1. Position your hands about 24 inches apart. Your palms should be down, in contact with the floor. Your legs should be elevated on a bench or chair and your body should be straight. 2. Lower slowly to ground then press yourself upwards. Return to the starting position.



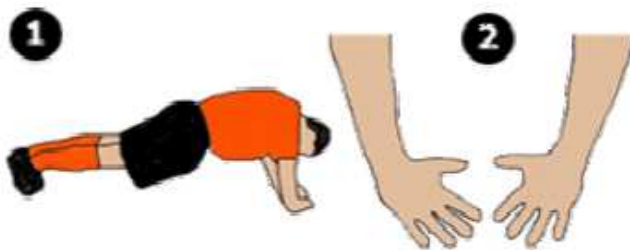
Abs (Plank Hold)

1. Lie face down with elbows resting on floor and in a pushup position with body resting on elbows. Contract the abs and keep the body in a straight line from head to toes. Hold for 90 seconds.



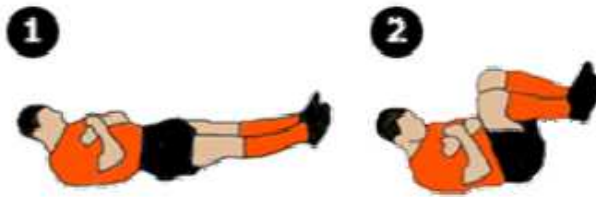
Alternating Front Lunge

1. Stand erect. Keep your head up, trunk straight and feet shoulder width apart. 2. Step forward, bending the knees until the right thigh is parallel to the floor. Keep the bent knee in line with your ankle. Step back to the starting position. Repeat with the opposite side.



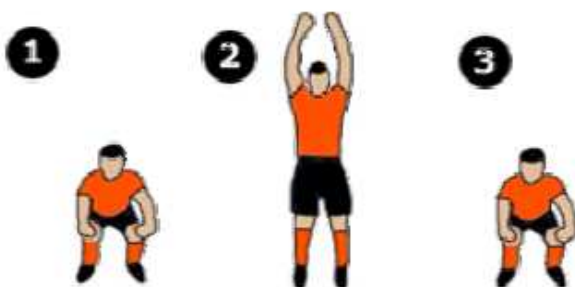
Diamond Push Up's

1. Lie face down on the floor and position your hands close together (as in #2). Your legs and body should be straight. Lower body then press yourself upwards, fully extending your elbows and supporting the lower body on the toes. Return to the starting position.



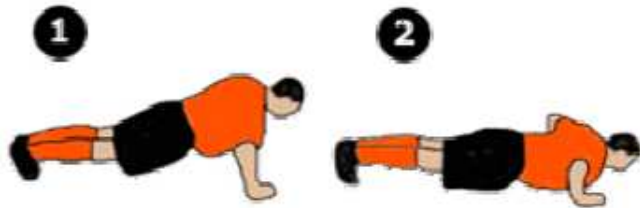
Abs (Reverse Crunch)

1. Lie on your back with your knees bent and your feet together six inches above the floor. Place your hands across your chest. 2. Contract your lower abs, slowly bringing your knees toward your chest and lifting your butt off the floor. Curl your lower body as far as you can, slowly lower to the starting position. Repeat.



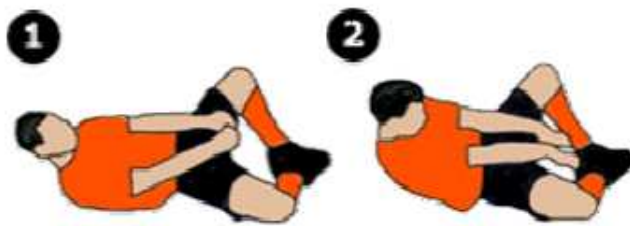
Squat Jumps

1. Feet shoulder-width apart in a squat position. Your knees should be bent approximately at 90-degrees. 2. Explode up and jump as high as you can into the air reaching for the sky. 3. Land soft and under control, as in the starting position. Perform 20 reps.



Push Up's

1. Lie face down on the floor and position your hands 24 inches apart. Your legs and body should be straight. 2. Lower body then press yourself upwards, fully extending your elbows and supporting the lower body on the toes. Return to the starting position.



Abs (Butter Fly Crunch)

1. Lie on the floor with your knees bent and the soles of your feet together. Hands forward between legs. 2. Slowly curl up toward the ceiling so that your shoulder blades come off the floor. Be sure not to bend your chin toward your chest. Pause, then slowly come back down to the start position.