

## **Circuit Workout**

The circuit workout will consist of 30 second timed intervals in which the athletes will be required to get as many reps as possible during that time frame. Each interval will be followed by a 30 second rest which will allow for setup for the next exercise. Athletes will be required to use resistance band, jump rope, and chair or bench for the workout.

### **3X**

Push-ups

Squat jumps

Bicycles

Sitting lateral raise -Band

Pop ups- Chair

In & Outs

Shoulder press- Band

Jump rope

Crunchy frogs

Shoulder taps

Mountain climbers

Scissor kicks

Dips

Line jumps

Crunches