

# LUNGES

From a standing position take a long pace forward and allow trunk to descend by bending both knees. The knee of the forward leg should be vertically above the ankle. Keep back straight at all times. Return to starting position and repeat with other leg leading.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# PRESS-UPS

**Begin in the standard press-up position on the floor. Your upper body should be supported with your hands on the floor - shoulder-width apart. Your arms are fully extended, and your legs and feet are supported by your toes, which are hip-width apart. Lower the body until the elbows reach 90° and then extend the arms to return to the start position.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# SEATED DIPS

**Sit with hands on edge of bench and legs extended in front of you. Allow your body to descend to floor and then press up.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>



# REVERSE ABDOMINAL CURL

Lie on your back with legs held up pointing to the ceiling. Push legs higher and then lower. Hips will come off the floor. Hold 5secs – repeat.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# SIT-UPS

Lie on the floor with knees bent. Perform sit-ups with hands on the sides of the head or folded across chest.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# PLANK

Lie on your front and support your body weight on your forearms and toes.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>



# KICK BACKS

**Kneel down on your hands and knees. Lift one leg off the ground and extend then hyper extend, and return to start.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# ABDOMINAL CRUNCHES

Lie on your back, hands on your thighs, knees bent with feet flat on the ground. Slide your hands up to the kneecaps to lift your shoulders off floor and then lower them back to the floor.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>



# SQUAT JUMPS

From a standing position, rapidly bend the knees to 45 degrees and then spring into the air. Land and immediately repeat.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# STAR JUMPS

From a standing start, jump into the air and abduct and adduct both legs and arms before landing back in a standing position.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# BURPEES

Stand with your arms held at your sides, and then squat down, placing both hands in front of you on the floor. Extend both legs backward (hop backward), ending in a press up position and then return legs forward (hop forward), ending in a low-squat position with hands on the floor. Finally, jump into the air and return to a standing position. Repeat this action rhythmically and continuously without stopping for the allotted time.



GYM CARDS

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# ALTERNATE V SIT UPS

Lie on your back with legs out straight and arms across your chest. Lift legs alternately, whilst at the same time raising trunk off the ground.



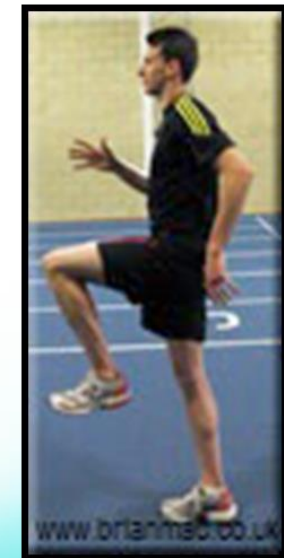
GYM CARDS

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# HIGH KNEE SPRINTS

Running on the spot with high knee lift.

Speed of movements and/or height of knees dictates degree of effort used.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# LEG LIFTS

Use alternate legs in a high forward kicking action.

Try to keep leg straight when kicking.



## GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>



# LYING ABDUCTORS

**Lie on your side on the floor. Bend lower leg at the knee. Alternatively raise and lower top leg for half the duration of the set, then change sides.**



## GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# OBLIQUES

**Lie on your back. Sit up and twist your trunk to bring the right elbow to the left knee, return to start position, sit up and twist your trunk to bring the left elbow to the right knee - repeat for duration of set.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# Lunges

**Conduct lunges between two markers 10m apart.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>



# CALF RAISES

**Standing raise your body up onto your toes and then lower.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# CROSSOVERS

**Standing, keeping the back straight, lift one leg up and bring down the opposite elbow to touch the knee.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# IRON CROSS

Lie on your back with your arms extended out to the side and your legs out straight. Bring the left foot across the right leg to the right hand keeping the left leg straight. Repeat with the right leg to the left hand.



GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>



# SUPERMAN

**Kneel on the floor and place your hands below your shoulders and knees below your hips. Extend right leg back and the left arm forward. Maintain a straight body line through extended leg, body and extended arm. Repeat with opposite limbs**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# BRIDGE

**Lie on the floor with your knees bent and feet flat on the floor. Squeeze your gluteals and then push your hips up until there is a straight line through knee and hip to upper body and shoulders remain on the floor.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# LEG RAISES

Lie on your back with knees bent. Brace your abdominals and lift your legs up straight in the air to an angle of 45 degrees keeping you back on the ground.

Keeping one leg in the air, slowly lower the other down to the floor. Only go as far as you can until you feel the lumbar spine start to move.

Keep bracing the abdominals and then lift the leg slowly back up.

Repeat with the other leg



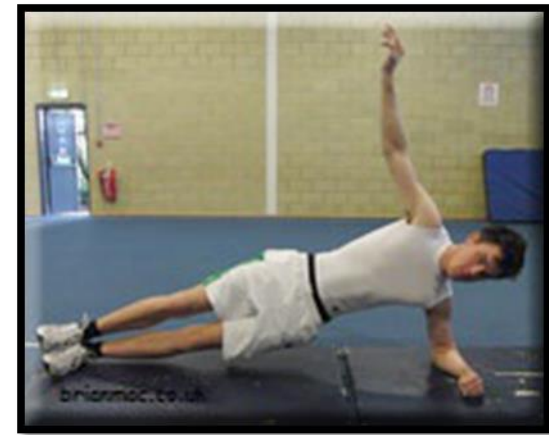
## GYM CARDS

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# SIDE PLANK

**Lie on one side, ensuring the top hip is above the bottom hip. Push up until there is a straight body line through feet, hips and head. Keep the elbow under the shoulder. Lower under control and repeat on opposite side.**



**GYM CARDS**

SOURCE: <http://www.brianmac.co.uk/circuit.htm>

# LYING ADDUCTORS

Lie on your side on the floor. Keep upper leg bent at knee and place the foot of this leg on the floor in front of lower leg. Alternatively raise and lower bottom leg for half the duration of the set, then change sides.



## GYM CARDS

SOURCE: <http://www.brianmac.co.uk/circuit.htm>