



15-20 MIN HIGH INTENSITY BODYWEIGHT CIRCUITS

* Always start with dynamic warm-up lasting 5-10 mins (minimum)

SESSION 1:

- 10 x Pushups, sprint to 25m line, recovery jog back
- 20 x lateral shuffle squats (2 x side step and squat), sprint forwards 25m, turn and come back, sprint 50m, recovery jog back
- High knees (30 secs), sprint forwards 25m, run backwards to base and sprint to 50m, recovery jog back
- Mountain climbers (30 secs or 50 total), run backwards to 25m, turn and sprint to 50m
- 5 x tuck jumps (touch floor and jump as high as you can raising your knees to your chest), 25m bear crawl on all fours, sprint to 50m, recovery jog back
- 10 x splits jumps (5 each side), sprint 50m, recovery jog back
- Alternate leg hopping/bounding in as few steps as possible to 25m line, sprint to 50m line
- Side plank hold (30 secs e/side; without dropping to floor), 5 x 25m shuttle sprint

SESSION 2:

- 20 alternate lunges (10 each side), sprint to 50m
- 10 T pushups (alternate rotating each arm), sprint to 25m, turn and run backwards to 50m, recovery jog back
- 10 squat jumps, run backwards to 25m, sprint back to baseline, turn and sprint to 50m, recovery jog back
- 5 x 1 leg forward hops (same leg), sprint to 75m, recovery jog back
- 5 x 1 leg forward hops (change legs), sprint to 75m, recovery jog back
- 10 Plank jacks, side shuffle to 25m, change sides to 50m, turn & sprint back to 25m, recovery jog (in a plank position, tap each leg or jump both legs to the side then back in)
- 20 x Burpees, sprint to 50m, run backwards to 25m, recovery jog back

SESSION 3:

- 10 bodyweight squats (fast), sprint to 25m, turn and sprint back to base, sprint to 50m
- 20 x forward and back line hops (feet together), sprint to 25m, run backwards to base, sprint to 25m, recovery jog back
- 20 x side to side line hops (feet together), fast side shuffle to 25m, change sides to 50m, recovery jog back
- 10 x Broad jumps (both feet jumping forwards), sprint to 50m
- 10 x Plank position to pushup walk, 3 x 25m shuttle sprints, recovery jog back (start with both elbows on the floor and using one hand at a time, lift yourself into a pushup position, move 2 paces laterally/sideways and back down again, repeat changing sides)
- Burpee 4 min tabata: 8 x 20 secs of burpees, with 10 secs rest between each (all the way to the floor)

* Repeat exercises until you reach 15-20 mins