

# Alternate Circuit: Day 1

Reps are indicated in order week by week.

## **Floor Core**

- Rocky Situps x20/22/24/26
- Killer Crunches x20/22/24/26
- Flutter Kicks – x22/24/26/28
- Supermans – x20/22/24/22
- Atomic Sit-ups – x15/18/20/22

## **Leg Circuit**

- Jump Squats x12/14/16/18
- BW Squats x18/19/20/22
- Alt Lunges x8/10/11/12
- Lateral Squats x8/10/11/12

## **Pushup Circuit**

- Staggered R x10/11/12/13
- Staggered L x10/11/12/13
- Rotational R x8/9/10/11/12
- Rotational L x8/9/10/11/12
- Regular x10/14/18/20
- Scapula x8/10/11/12

## **Med Ball Core**

- Overhead Medball situp Toss – x22/24/26/22
- Trunk Twist – x15/18/20/22 each
- Throw Downs – x15/18/20/22

**Go through each circuit the prescribed number of times depending on which phase and week you are in.**

**Phase 1- Wk 1-3 x3**

**Wk 4 x2**

# Alternate Circuit: Day 2

Reps are indicated in order week by week:

-**Jump Squats** x15/18/20/22

-**Pushups** x25/28/30/32

- **Atomics** x18/19/20/22

-**MB Shoulder Press** x22/24/26/28

-**BW Squat** x15/18/20/22

-**SL Situps** x18/19/20/22

-**Inverted Row** x8/10/11/12

-**Split Squat** x8/10/11/12e

-**Pullups** x8/10/11/12

-**Supermen** x18/19/20/22

Done after the circuit is finished

**Go through each exercise the prescribed number of times depending on which phase and week you are in.**

**Phase 1- Wk 1-3 x3**

**Wk 4 x1**

# Alternate Circuit: Day 3

## Rounds Training

This conditioning protocol involves rounds of three minutes of work (in paired movements) with 90 seconds of rest between them.

### First Round – Lower Body (3 minutes of work – no rest)

Split Squat Jumps (:30)

Split Toe Jumps (:30)

90 seconds rest

### Second Round – Upper Body (3 minutes of work – no rest)

Over the top throwdowns (:30)

Rapid fire chest pass against wall (:30)

90 seconds rest

### Third Round – Lower Body (3 minutes of work – no rest)

Squat Thrusts (:30)

Jumping Jacks (:30)

90 seconds rest

### Fourth Round – Upper Body (3 minutes of work – no rest)

Rapid Fire overhead med ball throws against wall (:30)

Incline wall pushoffs (:30)

90 seconds rest

### Fifth Round – Upper/Lower (3 minutes of work – no rest)

Jump Squats (:30)

Twist Throws on wall (:30)