



## Create your own conditioning circuit

Here are examples of exercises you can choose from, or feel free to choose your own.

Try and do a selection of exercises that cover the whole body, you can look at the videos posted on the club website, or the clubs social media pages to help you.

More conditioning exercises will be added to the club social media and the training videos page of the website during the closure.

Things to think about:

- Are you working the whole body or focusing on certain body parts?
- Are you doing all exercises just once or repeating the circuit?
- To make it harder, you can either increase the number of reps of each exercise, or you can increase the number of times you do the circuit.
- Maybe make it harder by holding a weight such as two bottles of water whilst doing the exercises.

<b>Cardio</b>	<b>Tummy</b>	<b>Back/Side</b>	<b>Arms</b>	<b>Legs</b>
Running on the spot	Dish hold	Arch hold	Press ups elbows out	Step ups
Jumping Jacks	Dish lifts	Arch Lifts	Press ups elbows in	Squats
High knees	Dish Rocks	Arch Rocks	Tricep dips	½ squats
Squat jumps	Sit ups	Shark Swim	Tri-Ups	Lunges
Burpees	Crunchies	Side Hold	Plank	Mountain climbers
Skipping with a rope	V-sits	Side Lifts	Bicep curls	Wall sit
Rebound jumps	Seal rolls	Elbow side hold	Butterfly press	Hopping
	Straddle V-sits	Elbow side bounces	Front support hold	Heel raisers

[illegible]