



HOME EXERCISE PRGOGRAMME

Class:	Strength And Cardio Circuit
Trainer name:	Benine
Equipment:	Dumbbells, Mat, Step (can be done without)
Date:	April 22, 2020





WARM-UP

Full body mobilization	5min	
------------------------	------	--

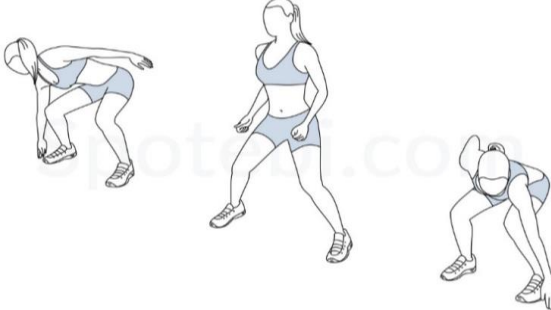


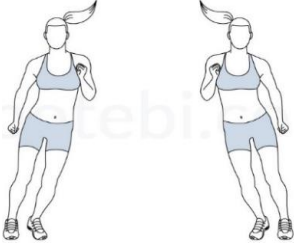
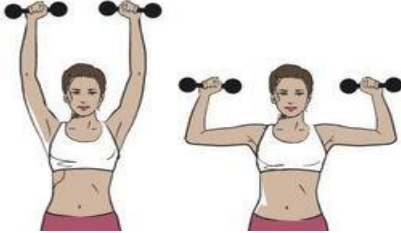
CIRCUIT WORKOUT

Repeat each goup twice. Only take a short 10sec rest between exercises.
Once you have done the group twice you can take a longer rest.
For the single sided exercises do the right side in round 1 and the left side in round two.
Exercise 3 in each group is with a step but if you don't have a step do the option in brackets.



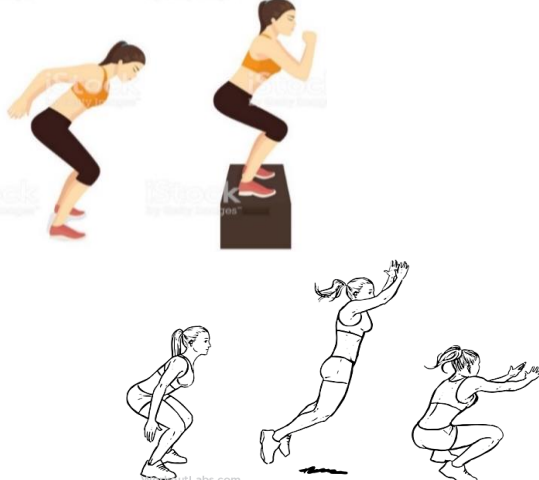

GROUP 1

EXERCISE	REPS	NOTES/ILLUSTRATION
Star Jumps	20	
Dumbbell Squat	8	
Jog up and down Step (Jog one step forward and back)	14 (right round 1, left round 2)	
Bent over Row	10	


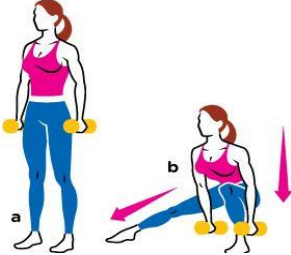


GROUP 2





EXERCISE	REPS	NOTES/ILLUSTRATION
Shuffle Touch Down	12	
Alternating Back Lunges	10 (count on each leg)	
Side Hops over step (Hops Side to side)	24 (count on each side)	 
Shoulder Press	10	



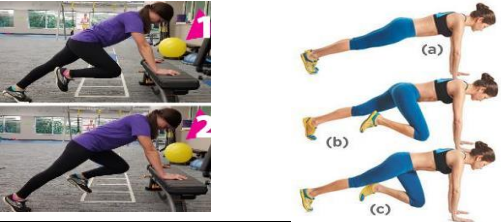

GROUP 3





EXERCISE	REPS	NOTES/ILLUSTRATION
<p>High Knees</p>	<p>50 (count on each knee)</p>	
<p>Sumo Squat</p>	<p>8</p>	
<p>Box Jump (Squat jump forward then step back)</p>	<p>8</p>	
<p>Tricep Kick Back</p>	<p>10</p>	



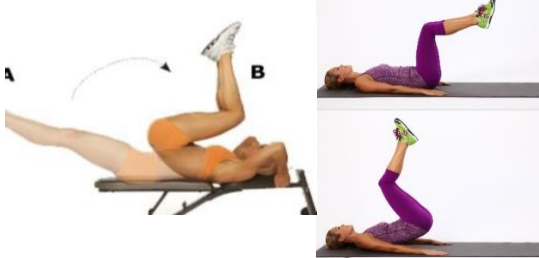

GROUP 4

EXERCISE	REPS	NOTES/ILLUSTRATION
Pop Squat	10	
Alternating Side Lunges	10 (count each side)	
Burpee (Burpee hands on mat)	6	
Bicep Curls	10	








GROUP 5		
EXERCISE	REPS	NOTES/ILLUSTRATION
Jump Rope Done without jump rope if you don't have one	Count to 20	
Alternating Curtsy Lunge	10 (count on each leg)	
Knee Repeater (Knee repeater no step)	20 (right round 1, left round 2)	
Upright Row	10	

GROUP 6		
EXERCISE	REPS	NOTES/ILLUSTRATION
Skaters	20	
Deadlift	8	
Moantain Climber hands on step (Moantain Climber hands on mat)	30 (count on each leg)	
Tricep Overhead Extension	10	

GROUP 7		
EXERCISE	REPS	NOTES/ILLUSTRATION
Butt Kicks	50 (count on each leg)	
Calf Raises	10	
Taps on step (Toe taps on mat)	40 (count each leg)	
Rows Palms Facing to the front	10	

GROUP 8		
EXERCISE	REPS	NOTES/ILLUSTRATION
Bicycle crunches	22 (Count each side)	
Sit Ups with dumbbell	10	
Reverse crunch laying on step (Reverse crunch laying on mat)	10	
Russain Twist	20 (count each side)	

STRETCHES

<p>Hug knees to chest</p>	<p>Hold 20sec</p>	
<p>Laying twist stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Seated reach for toes stretch</p>	<p>Hold 20sec</p>	
<p>Reach for toes with one leg out</p>	<p>Hold 20sec (left and right)</p>	
<p>Butterfly stretch</p>	<p>Hold 20sec</p>	
<p>Chest Stretch</p>	<p>Hold 20sec</p>	
<p>Back Stretch</p>	<p>Hold 20sec</p>	
<p>Shoulder Stretch</p>	<p>Hold 20sec (left and right)</p>	