

Junior Group Circuits

Jump/Push Circuit: This is a jump rope/push-up cycle (if you do not have a jump rope, just simulate using a jump rope).

Jump Rope (JR): 20 times

Push-ups (PU): 20

Jump Rope (JR): 40 times

Push-ups (PU): 15

Jump Rope (JR): 60 times

Push-ups (PU): 10

Jump Rope (JR): 80 times

Push-ups (PU): 5

Rest 1 minute and Repeat 3 times

Sprint Circuit: Sprint from house to house. Ideal if an area near your jogging circle has a slight incline. Sprint (high knees and arms pumping – as fast as you can); recovery walk back to the start.

Sprint:

2 houses – walk back to start

3 houses – walk back to start

4 houses – walk back to start

5 houses – walk back to start

Rest 1 min.

Circuit #1 – Water Bottle Arm Circles: Stand with the arms stretched out straight so your body looks like the letter T, holding a water bottle in each hand. Use the whole arm to make tight circle motions.

1. Thumbs Up – backward circles – 30 sec.
2. Thumbs Forward – forward circles – 30 sec.
3. Thumbs Down – backward circles – 30 sec.

Rest :30 and Repeat 5 times

Circuit #2 – Upper Body: (using water bottles or light hand weights). The idea is to use a light weight for resistance and perform each exercise in a controlled manner with a pause at the top and bottom of the exercise.

1. Water Bottle Curls – arms hanging at side, curl the bottle to your shoulder.
2. Overhead Triceps Curls – arms straight up, bend elbow and lower bottles to shoulders, return to straight up.
3. Lateral Raises – arms hanging at side, raise both arms outward to shoulder height (letter T position), hold and lower back to side.
4. Front Raises – arms hanging at side with the thumbs inward, raise both arms forward to shoulder height (catch-up free position), hold and lower back to side.
5. Posterior Raises – arms hanging at side, raise both arms straight back (about 18 inches – look like a ski jumper), hold and return to side.
6. Internal/External Rotators – arm at side, bend the elbows so the water bottles are straight out in front of you. Keep your arm glued to your side and rotate the water bottle outward and then return to start position (like a door opening and closing).
7. Shoulder Press – Water bottles at shoulder level. Press straight up overhead, hold and return to level.

Perform the exercises in order for :30 each. After finishing exercise #7, rest 1:00 and Repeat 3 times.

Circuit #3 - Legs:

1. Jumping Jacks – 1 minute
2. Stride Hops – Standing one foot forward and one foot backward, jump and switch legs – 30 sec.
3. Squat Jumps – Standing with feet shoulder width; do three little jumps and one big jump to a streamline – 12 squat jumps
4. Lunges – Hands on waist. Big stride forward and lower body down; push back to start position; alternating legs – 20 to 30 lunges total. **IMPORTANT:** stay balanced and make sure the toes of the stride leg are always ahead of the knee! If outside, you might do lunges for a distance (25 yards)
5. Goblet Squats – Standing with feet slightly wider than shoulder width and hand locked together under your chin, lower your buns down. Keep chin up; eyes to sky, back straight and feet flat. 15 squats.
6. Flutter Kick – on back with hands at side – 1 minute.

:15-:20 Rest between each exercise. After finishing exercise #6, rest 1:00 and Repeat the Circuit 3 times.

Circuit #4 – Fitness:

1. 25 Push-ups
2. 25 Sit-ups (elbows to knees; don't pull on neck)
3. 50 Box Jumps (find a step about 12 inches high and hop up/hop down on two feet).
4. 20 Squats
5. Straight Arm Plank – 60 Sec.
6. 20 Lunges: Alternating legs

Rest 1:00 and Repeat