**GAC Community Circuit**

20/20 Plyo Circuit x 4:

1. Squat Jump
2. Skater Jump

*Break*

30/15 Strength Circuit x 3

(1:00 break in-between rounds):

1. In-Place Lunge

A: No Reach

B: With Reach

1. Push-Up w/Rotation

A: Modified

B: Full

1. Prone T, Y, and I

A: Arms Only

B: Arms and Legs

*Break*

40/10 Circuit x 2

(2:00 break in-between rounds):

1. Hollow Body Hold
2. Burpee
3. Side Plank (switch at half-way)
4. In-Place Run