

Circuit Training Stations

Mountain Climbers- Core and legs

Leg Lifts – Core

Planks – Core

Push up planks – Upper body + core

Push ups (incline/ decline) – Chest + arms

Burpees – Upper body, core and legs

Big jumps and Curb jumps – Legs (quad, gluteus maximus)

Step ups- Legs, quads+ calf

Ski jumps- Legs (calves + hamstring + quads)

Squats – Legs

Lunges (forward, backward) – Legs (hamstrings)

Wall Squats – Legs (quads)

Suicides- Lower body

Bear Crawls- Core, legs, and upper body