

# Fitness Routines:

The following are ideas for activities to place in circuits:

Alternate activities so it's a full-body workout, or combine movements to do. Make sure to discuss form before starting. You may also, instead of rest time, incorporate cardio to keep their heart rate up.

(Without weight examples)

1. Push-ups
2. Abdominals (v-sits, Russian twists, crunches, Dead Bugs, penguin, leg lifts)
3. Plank- regular or side
4. Superman
5. Lunges—Jumping Lunges, walking, alternating
6. Squats- Jumping, Forward/Back Jump Squats
7. Inner/Outer Thigh Lifts
8. Burpees
9. Jumping Jacks
10. Ski Jumps
11. High Knees
12. Mountain Climbers

**Workout examples: Use an interval your class can do-and do it 2-3 times.**

**#1: 45 (on)-10 (rest). As many as you can- 3 sets**

1. Push-ups
2. Lunges
3. Bicep curls with overhead lift
4. Plank
5. Squats
6. Superman
7. Row

**#2: 50-10, 3-4 sets**

1. 10 Body shots (squat position), 5 Criss-Crosses
2. Burpee with push-up
3. 10 Hooks, 10 Star Jumps
4. Walking Push-ups
5. 10 Body Shots, Dodges (pretend to dodge under punch in squat position)
6. V-sits: right, center, left

### **#3: 100 Count (or 50, or 25)**

1. Plank- for 10 seconds, rest 5
2. Abdominals
3. Push-ups- can be modified
4. Mountain climbers- 4 regular, 4 knee to opposite elbow=1

### **#4: Interval Day**

1. -Pick two sides of the gym, on both sides alternate movements and inbetween change locomotor movements.
  - a. Side: Alt 40 sec. plank, and 25 abdominal moves
  - b. Side: Alt. 25 Squats, and 10 Push-ups
  - c. Locomotor movements:
    - a. Crab walk
    - b. Wheel barrow
    - c. Seal crawl
    - d. Sprint
    - e. Lunge walk
    - f. Slide/grapevine
    - g. Bound

### **#5: Circuit—Again Choose an interval that is best for your group- we did 45-10**

1. Punch Squats (Jump forward punch with hands to sky, jump back and punch down)
2. 4 High Knees, 1 Burpee with a slap (when they jump up bring knees high and slap thighs)
3. Push-Up- Jump feet out, together, repeat
4. Plank
5. 5 High Knees, 6 Lunge Jumps
6. V-sits
7. 5 Squat Jumps, 5 High Knees

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