



Goal:

- Complete 2 rounds which equals 1 circuit
- 1 round includes six stations which will work your Upper, Lower, Cardio and Core
- Each round should take 12 minutes (1 minute per exercise) a total workout 24 minutes 3x per week=Total 6 workouts during holiday break.
- Two options for workouts
 - Upper, Cardio, Lower, Cardio, Core, Cardio, Upper, Cardio, Lower, Cardio, Core, Cardio
 - Lower, Cardio, Core, Cardio, Upper, Cardio, Lower, Cardio, Core, Cardio, Upper Cardio

Measure:

- On the chart you need to list what workout option you used during the week three times
- Keep track of how many reps you get done in the one minute time for each exercise
- Email to your Head Coach the day you accomplish the work out the chart (insert your name on bottom of page)

Exercise	Example	Date__	Date__	Date__	Date__	Date__	Date__
Upper	Reg Push/30						
Cardio	Mt Climb/22						
Lower	Squat/35						
Cardio	High Knees/40						
Core	Russian/25						
Cardio	Burpee/15						
Upper	Front Raises/22						
Cardio	Tuck Jumps/15						
Lower	Kick Backs/20						
Cardio	Box Jump/17						
Core	V-up/20						
Cardio	Jump Rope/45						

Player's Name _____