**Simple Circuit workout**

**1: Skipping**

There are many ways to skip. Jumping with both feet together provides both a good warm up and a very vigorous workout.

* **60 reps**

**2: Squats**

These are the powerhouse of all bodyweight exercises. They work the largest muscles of the body; the glutes (butt muscles).

* **20 reps**

**3: Squat thrusts**

Start in a push up position, then jump the feet forward to a squat position and then back. Keep the backside as low as possible. An alternative method is to bring one leg forward at a time.

* **10 reps**

**4: Press ups / Push Ups**

Start by supporting your body off the ground with your arms about shoulder width apart and fingers pointing forward. Then lower yourself to the ground, ideally as close as possible without actually touching the ground, then lift again. There are many variations to the standard press up.

Three-quarter press ups are performed by supporting the lower body on the knees not the toes, which are ideal if your upper body strength is still developing. Martial artists often do press ups on knuckles and fingertips to help strengthen hands at the same time.

**20 reps**

**5: Burpees**

Start in a press up position, then jump feet forward to a squatting position as for a squat thrust. Then immediately jump up clear of the ground, spreading your limbs as far apart as possible, forming an “X”, land with feet together. Drop back to a squat, then jump feet back to the starting position.

* **10 reps**

**6: Star jumps / Jumping Jacks**

Also known as a jumping Jack, this is done by jumping to a position with the legs spread wide and the hands touching overhead and then returning to a position with the feet together and the arms at the sides. Do as quickly as possible.

* **20 reps**

**7: Sit-ups / crunches / leg raises**

Everyone is familiar with this exercise. It is the classic core strength exercise that helps to tone the abdominals. There are many variations on the sit up. If you are training alone then crunches are easiest. With a partner full sit ups can be done by linking your ankles with your partners for support.

Leg raises are done by laying down on your back and supporting yourself with your hand behind your head (use a table leg or grab a partners ankles). Then raise your legs to the vertical and down again. Try not to touch the floor when lowering, leave a gap of a few centimeters.

* **20 reps**

**8: Step ups (onto gym bench)**

Simple step up onto a gym bench. Start with the left foot leading, then halfway through the exercise, or on the second circuit, lead with the right foot.

* **20 reps**

**9: Shuttle Runs / Sprinting the length of the hall \***

For the duration of the exercise simply sprint from one end of the hall to the other, either touching the wall before turning, or squatting and touching the ground. Obviously this exercise will have to be missed if you are training at home.

* **5 sprints**

**10: Dips (using a gym bench or chair)**

Start by sitting on the gym bench/chair. Hold onto the edge of the bench then slide forward so that you are supporting your body with your arms. Then lower yourself and rise back up. You can start with small movements, and then as you improve, start to lower as much as possible.

* **10 reps**

**11: Lateral Jumps**

Two ways to do these. Either with a bench, and side jump up onto bench then off the other side. A good solid gym bench is needed for this, so do not try using a chair at home. Simply stand to the side of the bench and jump up onto it with both feet together, then jump to the other side. Repeat.

Or, just jump from side to side. You could place a shoe box on the floor to have a small marker to help guide you.

* **20 reps**

**12: Back Extensions**

Lie on the floor on your front / belly. With your arms lightly touching your temples and looking forward, lift your torso up off the floor, hold, then lower.

* **20 reps**

If you practice these exercises a couple of times each week your cardiovascular fitness and strength should quickly improve. They are ideal home exercises; they are great for the martial arts class in the gym too. Remember to warm up well before your **circuit training workout** and stretch afterwards.

\*The shuttle runs may be tricky to do at home, best to leave these out if you have nowhere safe to run.