

LEVEL 5

Track days and workouts in the spaces provided

Circuit #1 Core/Shaping

Sit-Ups with lift to the ceiling	14							
Arch Ups	14							
Straddle ups with hand touch in front	14							
Arch Rocks	14							
Hollow pulses	14							
Top 1/2 hollow pulse	14							
Lower 1/2 hollow pulse	14							
Top 1/2 arch up	14							
Lower 1/2 arch up	14							
Plank Hold	1 min							

3x thru

Circuit #2 Legs Endurance

Frog Jumps	18							
Wall Sit	50 seconds							
Candlestick jump up to stick	18							
Wall Sit	50 seconds							
Squat Jumps	18							
Wall Sit	50 seconds							
Lunge Switches	18							
Stair runs	10							

3x thru

Circuit #3 Arms/Shoulders

Push Ups	14							
Down Down Up Ups (begin in push up)	22							
Wide arm push ups	12							
1/2 push ups with 2 second hold	12							
Dips with arms up on step	24							
HS hold against wall	50 seconds							

3x thru

