

Tuesday

1. Dynamic Warmup
2. Lunges: across the weight room we need three sets, up and back was 1 set.
3. Circuit 1:
 - Squat Press with weight 3 sets of 10 reps each
 - Push Ups: 3 sets of 10 reps each
 - 1 Arm Rows with dumbbells: 10 on each arm, 3 sets
4. Three exercises in 30 seconds
 - jump squats: 3 sets
 - burpees - down out squat: 3 sets
 - mountain climbers: 3 sets
5. Ab Workout
 - Torso Twist with weight for 30 seconds
 - Leg extension: lie back, legs straight, drive knees to chest and then straight back out again, your feet never touch the ground (30 seconds)
6. Planks: 20 seconds each and 3 sets
 - regular
 - on right arm
 - on left arm
7. Stairs 10 minutes
8. Cooldown

Thursday

1. Dynamic Warmup
2. Lunges: across the weight room we need three sets, up and back was 1 set.
3. Circuit 2:
 - Squat Press with weight 3 sets of 10 reps each
 - Push Ups: 3 sets of 10 reps each
 - Shoulder/Chest/Back press with dumbbells:
4. Circuit 3: 3 sets of 10 each
 - Step Ups (on boxes)
 - Leg Extension: see Tuesday
 - Leg Curl on machine
5. Abs
 - Plank see Tuesday's
 - Torso Twist 3 sets of 40 seconds with weights
 - Crunches: as many as you can do in 1 minute
6. Cool Down

