

Oregon Circuits

Laps around 5k pace between all exercises.

1: Body weight squats x 20 concentrate on form and getting low



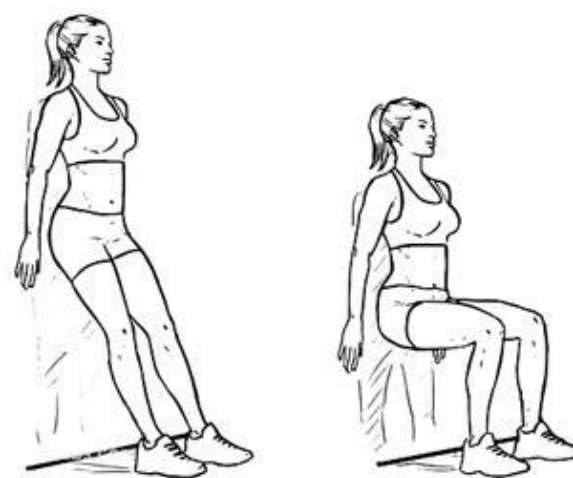
2: Mountain Climbers x 30

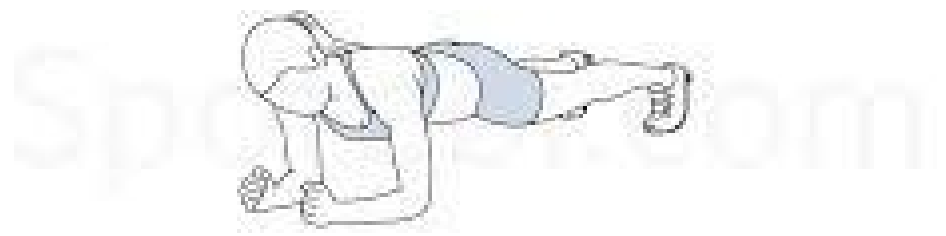


3: Push Ups x 20

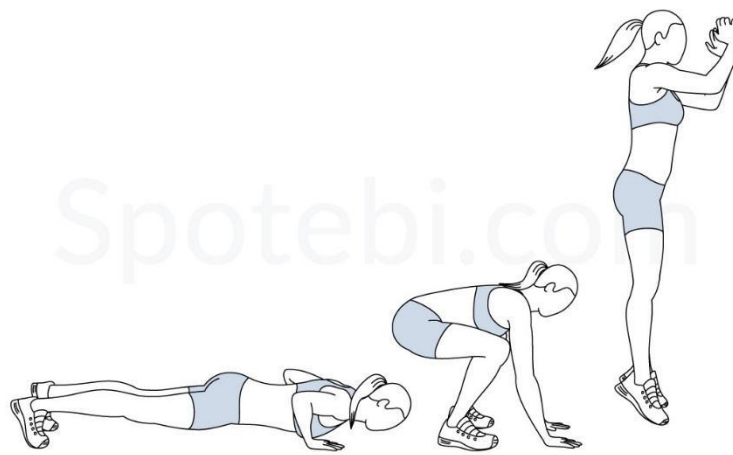


4: Wall Holds ... 60 Seconds





5. Plank 60 Seconds



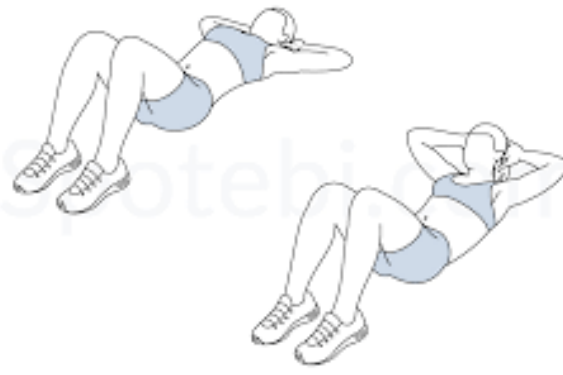
6. Burpees x 10



7. Caterpillar Walks ... width of goal



8. Star Jumps x 20



9. Ab Crunches x 20



Last lap all out