

Fall 2013

Fitness circuits to start the first two weeks of training

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(Approx mid November start in 2013)

INSTRUCTIONS

Jog two laps at MO...HH Stretch after that...go to CAS Loft and do LIGHT in nature spring drills...minimal here...just enough to warm up the body in general...re stretch again...then you are ready to begin WT TR Circuits (see below)

***** NOTE: DO THESE WT TR CIRCUITS WITH WEIGHT VEST ON ALL TIMES....BE CERTAIN YOU SIMPLY GO THROUGH THE MOTIONS THIS FIRST WEEK ...M/W/F....keep the weights on the very light side for the first two sessions, and then up the weight just a BIT on the third session...**

CIRCUIT EXERCISES AND ORDER:

Notes: NON STOP...NOT NECESSARILY QUICK, BUT JUST CONTINUOUS MOVEMENT....GO FROM EXERCISE TO EXERCISE UNTIL COMPLETED...

DB CURLS X 12

HYPERS X 10

MED BALL CHEST WALL X 10

HIGH PULLS X 10

BODY SQUATS IN FRONT OF MIRROR X 12

REVERSE DB FLY X 10

MED BALL SLAM DOWNS X 5

SEATED BAR WRIST CURLS X 25

SEATED DB ARMS X 20 REPS EACH SIDE (WATCH IN MIRROR)

DB ANKLE FLICKS X 12

DB FARMERS WALK ONE TIME AROUND WEIGHT ROOM (HEAVIER DB HERE OK)

MED BALL ROLLS CHEST X 5

MACHINE LAT PULL DOWNS BEHIND NECK X 8

ROPE WRITS CURLS WITH 5 LBS ONLY (UP/DOWN/UP/DOWN)

MED BALL HIP CATCH AND TOSS (5 RIGHT SIDE/5 LEFT SIDE)

DOUBLE LEG STAIR HOPS (2 steps at a time, no weight) Up twice

TRICEPT MACHINE X 10

STANDING ARMS MIRROR X 20 REPS EACH SIDE

MED BALL GROIN FLICKS X 5 RIGHT AND 5 LEFT

LEG EXTENSIONS X 10

MED BALL ARM AD/AB X 10 TOTAL (5 RIGHT/ 5 LEFT)

DOUBLE LEG CLAY HAMMY ON PHYSIO BALL X 12W REPS

BENT ARM HANGS ON PULL UP BAR FOR COUNT OF 6

ROCKETS X 6 (LAND FULL FOOTED...STAY OFF TOES)

CHIN UP HANGS FOR COUNT OF 6

CALF RAISES X 10

DB STAIR WALKS X UP TWICE (2 STAIRS AT A TIME)

MED BALL MARCH WITH EXTENDED ARMS (10 RIGHTS AND 10 LEFTS)

STANDING BAR WRIST CURLS X 15

DOUBLE LEG BENCH HOP ONS

SHOULDER CIRCUIT WITHOUT WEIGHT OR MAYBE JUST 1 LB (GET FROM SWIM ROOM)

FINAL INSTRUCTIONS;

Do 4-6 x's 60-70 m striders smooth and with good form in MO after...walk back and BE SURE to stretch IT Bands and Hammys in between each...no rush here...then do an AB WORKOUT of your choice and finish with pool contrast, rolls, etc.

Do above on Day one and Day two. On day three, do above x's 2, but cut the # of reps for each exercise to half on the second time through.