



Super Short Strength Circuit #1

[designed by Coach Mary-Katherine Fleming]

Instructions: Perform each move for one minute, then transition quickly to the next.

Move 1: Hollow Rock

Lie on your back, small of your back touching the floor, transverse abdominus engaged. (By “engaged,” we mean pretend like somebody is about to punch you. Tighten up to soften the blow.) Rest your hands behind your head and raise your knees off the floor, bent at 90 degrees. If this is challenging enough, hold here for 60 seconds.

Version #2: Keep your back touching the floor, slowly lower and straighten one leg. Alternate legs every 15 seconds. Getting stronger? Lower both legs. When the small of your back comes off the floor, stop lowering your legs—and raise them back to where your back is touching the floor.

Version #3: If you can get your legs a few inches off the ground, then stretch your arms over your head and hold. (Please note: this is ridiculously hard, especially if you’re over 5’8”. Just sayin’.)

Move 2: Spiderman Plank

Assume the plank position: palms on ground, fingers facing forward, shoulders over palms, abs engaged, resting on your knees. Keeping your spine straight and core solid, slowly bring your right knee towards your right elbow, then return it to the floor. Repeat with left knee towards left elbow. Your hips shouldn’t move; if your knee comes one inch towards your elbow before your hip starts to move, that’s totally fine.

Version #2: Rest on your toes, instead of your knees.

Move 3: Push-Ups

Get in a push-up position with your palms, fingers facing forward, under your shoulders. As you lower yourself down, keep your elbows close to you and bend them *backwards*, towards your toes, not out to the side. Your spine stays straight and your butt? It’s not floating in the air. Push back up and repeat.

Version #1: Standing up, do them against a wall.

Version #2: Rest your hands on a stair (probably 3 or 4 high) and your feet on the ground.

Version #3: Rest your knees on the ground.

Version #4: Rest your toes on the ground.

Version #5: Rest your toes on a stair (1 high) and your hands on the ground.

Move 4: Squats

Stand with your feet two fists apart. (This might feel abnormally close, but it’s right!) With your gaze forward and your back straight, bend your knees; don’t let them buckle towards each other. Keep your back straight, and don’t bend at the hips; if you squat two inches without bending at the hips, that’s great. Farther down doesn’t mean better, especially if your chest comes towards your knees.

Version #1: Arms extended straight out in front of you, palms down, a la Frankenstein.

Version #2: Arms straight up and palms forward so your ‘pits are expose