



Super Short Strength Circuit #2

[designed by Coach Mary-Katherine Fleming]

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

Move 1: Reverse Crunch

Lie on your back, shoulders on the ground, arms extended at shoulder-height, legs straight on the floor. Press your lower back into the floor and raise your feet off the floor, knees bent. Abs should be engaged. (By “engaged,” we mean pretend like somebody is about to punch you. Tighten up to soften the blow.) If this is challenging enough, hold here for 60 seconds.

Version #2: Keep your back touching the floor, keep your knees bent and lower both legs together. Your shoulders stay on the floor at all times, although your lower back may lift a tiny bit.

Version #3: Keep your back touching the floor, straighten your legs and lower both legs together. Your shoulders stay on the floor at all times, although your lower back may lift a tiny bit.

Move 2: Supine Plank

The plank position in reverse. Sit on the ground, legs straight out in front of you. Place both hands behind you, palms on the floor with fingers spread out and facing your toes. Squeeze your glutes and raise your hips until you form one line from your ankles to the top of your head. Hold here, lowering your bum down as needed to rest.

Version #2: In the supine plank position, raise one leg off the floor at a time. Alternate legs.

Move 3: Triceps Dip

Keep the same set-up as the Supine Plank—palms on the floor, fingers facing towards you—but move your feet closer to you so that your knees are at a 90-degree bend. (You form a table of sorts.) Bend your elbows straight back—not out to the sides—to lower yourself into a dip, then push back up. Keep your glutes tight and your core solid.

Version #2: Straighten your legs, so you’re resting on your heels.

Move 4: Jump Rope/Twitch Jumps

Standing up, bend your knees slightly, pull your elbows close to your sides and pretend like you’re jumping rope quickly. Bounce on the ball of your feet, keeping your core solid.

Version #1: With your feet close together and your arms extended in front of you at shoulder height, bend your knees into a slight squat. From here, keeping your squat position and your core engaged, bounce quickly on the balls of your feet. Don’t let your heels touch the ground, and keep your upper half of your body stable.