



Super Short Strength Circuit #8

[designed by Coach Mary-Katherine Fleming]

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

Move 1: Glute Bridge with Kicks

Lying on your back with your knees bent and feet flat on the floor, glue your legs together. Extend your arms, palms up, by your side. Squeezing your glutes, lift your hips off the floor to form a line from your knees to your chest. Pressing your knees together and aligned, kick directly out; your foot goes forward, not towards the ceiling. Alternate legs.

Move 2 + 3: Side Planks with Lift

Lying on your left side, place your left elbow or left hand directly under your left shoulder and stack your right foot on your left foot. Lift your hips up so your left side forms one straight line. Hold for up 30 seconds, then switch sides.

Version #2: Lower your hips toward the ground, then lift them back up. Do lifts for 30 seconds on left side, then switch to your right side.

Version #3: Lift your top leg off your bottom leg. Hold, or raise and lower.

Move 4: Fire Donkeys

Start on all fours: hands under your shoulders, spine straight. Looking forward and keeping your left knee at a 90-degree angle, lift your left leg straight out to the side. It should come no higher than hip-height, and your hips should be stable the whole time. Lower leg, and keeping behind, lift your knee behind you, until your quad is parallel with the floor. Lower; lift to the side; lower; lift to the back. Do 30 seconds on your left side, then switch to the right.

Version #2: While lifted to the side, extend your leg straight. Then bend, and lower and lift it to the back. Extend your leg straight, bend, lower.