

Select 1 Cardio Option:
METABOLIC or EQUIPMENT BASED or DECK BASED

Metabolic Circuit

Perform each movement for the time prescribed and then immediately transition into the next movement for the duration of the "Work" interval. Recover for the duration of the "Rest" interval and repeat. Form and technique are critical to pay attention to during the circuit, work hard but stay focused throughout.

LEVEL 1

Time Per Movement	Rest Between Circuits	Number of Circuits		
15 sec ea.	1:30	● Short x2	● Med x3	● Long x4



1 REVERSE LUNGE – ALTERNATING

- Contract your back glute at the bottom of the lunge
- Return to standing by pushing through your front hip
- Keep chest up, don't let your back knee touch the deck
- Alternate sides each rep



5 PLANK – RUNNING

- Start in push up position with hands beneath shoulders, one knee toward chest, one straight
- Begin to alternate leg positions while keeping torso engaged & hips still
- Keep your back flat throughout the entire movement



2 PILLAR BRIDGE - W/ ARM LIFT

- Alternate reaching up & out with arms – hold 2 sec ea.
- Keep shoulders & hips square to deck with arm reach
- Keep torso engaged during movement



6 SINGLE LEG BALANCE - ALPHABET

- Sit your hips down & back into a quarter squat
- With 'floating' foot spell the alphabet with toe for prescribed time
- Keep your torso & hip engaged throughout the movement
- Alternate legs every 5 sec until working time elapsed



3 LATERAL LUNGE - ALTERNATING

- Step to the right with your right foot, keeping your toes forward & your feet flat
- Squat through hip while keeping your opposite leg straight
- Keep your back flat & your chest up
- Push through your hip to return to standing, and alternate sides each rep



7 SPLIT SQUAT - ALT. 5 SEC HOLDS

- Take a low split position with your weight primarily supported on your front leg
- Keep your torso engaged, tall posture & don't let knee touch the deck
- Alternate legs every 5 sec until working time elapsed



4 FORWARD LUNGE, ELBOW TO INSTEP - W/ ROTATION

- Place left hand on deck & right elbow inside of right foot. Hold for 2 sec
- Rotate your right arm & chest to the sky. Hold for 1 to 2 seconds & return
- Place right hand outside foot & push hips to the sky
- Keep back knee off deck & contract rear glute



8 DROP LUNGE – ALTERNATING

- Reach one foot across & behind, square hips forward & sit back & down into a squat
- Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back
- You should feel a stretch in the outsides of both hips
- Alternate sides each rep