

Large Group Training Bodyweight Circuit 1

Exercise/Technique	Sets/Reps	Time
<p>Body Squats</p> <p>Feet: Hip to shoulder with apart, pointing straight ahead or up to 20 degrees out with weight kept on heels throughout</p> <p>Knees: Point in same direction as toes throughout</p> <p>Torso: Neutral to slightly arched/lordotic posture</p> <p>Arms: Genie cross position or on hips or overhead</p> <p>Head: Neutral/eyes slightly down or straight ahead</p> <p>Downward Movement: Keeping weight on heels and torso as upright as possible bend at knees and hips until hamstring touches calf or limitation in mobility/pain.</p> <p>Upward Movement: Drive through heels extending knees and hips keeping torso as upright as possible.</p>	<p>Set 1: 30 Reps</p> <p>Set 2: 30 Reps</p> <p>Set 3: 30 Reps</p> <p>Set 4: 30 Reps</p>	<p><20:00 Beginner</p> <p>< 16:00 Intermediate</p> <p>< 12:00 Advanced</p>
<p>Lockout Pushups</p> <p>Hands: Start laying flat on ground with fingertips even with tops of shoulders and thumbs below outside of chest/shoulder</p> <p>Feet: Together</p> <p>Torso: Straight line from shoulder to hip to knee to ankle</p> <p>Head: Neutral</p> <p>Movement: Angle at armpit kept at 45 degree angle or less.</p> <p>Bottom: Upper arms parallel to floor or below</p> <p>Top: Full one second lockout</p>	<p>Set 1: 30 Reps</p> <p>Set 2: 30 Reps</p> <p>Set 3: 30 Reps</p> <p>Set 4: 30 Reps</p>	
<p>Sit-Ups</p> <p>Feet: Anchored or non-anchored. Heels 12-16" from butt</p> <p>Arms/Hands: across the chest/opposite arm on opposite shoulder</p> <p>Start: Shoulder blades touching ground</p> <p>Top: Elbow touch or pass knees/torso perpendicular</p> <p>Bottom: Shoulder blades touch ground</p>	<p>Set 1: 30 Reps</p> <p>Set 2: 30 Reps</p> <p>Set 3: 30 Reps</p> <p>Set 4: 30 Reps</p>	
<p>Chin-Ups or 2 Arm Trap-3</p> <p>Chin-Ups</p> <p>Start: Palms toward you with hands between 6-18" apart. Dead hang with arms straight</p> <p>Upward Movement: Pinch shoulder blades back and pull body upward until chin above the bar</p> <p>Downward Movement: lower slowly until arms in straight "dead" hang position.</p> <p>2 Arm Trap-3</p> <p>Stand with feet hip width, knees bent 20-30 degrees, and torso at roughly 45 degree angle relative to ground with lordotic/neutral posture</p> <p>With arms fully extended, pointing downward perpendicular to the ground, bring extended arms up simultaneously forming letter Y with elbows going past ears. Then retrace pattern and return to start.</p>	<p>Set 1: 10 Reps/20 Reps</p> <p>Set 2: 10 Reps/20 Reps</p> <p>Set 3: 10 Reps/20 Reps</p> <p>Set 4: 10 Reps/20 Reps</p>	

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