

Circuit training – Cardiovascular stations



- Shuttle runs.
- Step-ups.
- Skipping.
- Jacks.
- Squat thrusts.
- Burpees.
- Spotty dogs.
- Plyo jumps
- Plyo squats
- Tuck jumps.
- Star jumps.
- Hamstring curls.
- Side steps.
- Gallops

Upper-body stations

- Press-ups.
- Shoulder press.
- Bent-over row.
- Bench press.
- Frontal raise.
- Pec fly.
- Reverse fly.
- Triceps extension.
- Bicep curl.
- Lateral raise.
- Upright row.
- Triceps dips.

Lower-body stations

- Squats.
- Lunges.
- Deadlift.
- Calf raises.
- Side-leg raises.
- Rear-leg raises.

Torso stations

- Back extension.
- Abdominal curls.
- Oblique curls.
- Plank.
- Side plank.
- Supermans

Combos

Clean + Press
Squat + Press