

## The "Wildkit" Workout 4 Day Circuit Training

This program has 10 different exercises in it that collectively work every part of your body. Each exercise is a 60 second station so you can challenge your heart and lungs as well as your muscles. The final product is high-intensity circuits designed to torch fat, define your chest, abs, and arms and send your fitness level soaring. You'll sculpt a lean, athletic-looking body-and be in the best shape of your life!!!!

- Do this circuit 4 days a week for 4 -6 weeks.
- Perform 1 set of each exercise (or "station") in succession.
- Each station lasts 60 seconds. Do as many reps as you can (with perfect form!) in that time, and then move on to the next station.
- Weight is a suggested amount, select weights that will push you but allow for good form and competition of time.

**Station 1. Dumbbell Squat or "Goblet" Squat (30-60lbs)** With both hands, grasp 1 dumbbell at one of its ends. Hold it vertically in front of your chest and stand with your feet slightly beyond shoulder width. Now do a squat! If it's too hard with a dumbbell, do a body-weight only squat.\*

**Station 2. Mountain Climber** Assume a pushup position with your arms completely straight. Keep your body in a straight line from head to feet! While keeping your back posture straight, raise your knee to your chest-alternating your right then left. It is basically running in the pushup position!

**Station 3. Single-Arm Dumbbell/Kettle Bell Swing(20-30lbs)** Hold a DB/Kettle bell in front of your waist. Without rounding your back, bend at your hips & knees (squat) and swing the DB/KB between your legs. Keeping your arm straight, thrust your hips forward and swing it to shoulder level as you rise out of the squat. At the 30 second mark, switch arms.

### **Station 4. T-Pushup (5-20lbs)**

With a pair of DB's, assume the pushup position. Do a pushup and as you push yourself back up, lift your right hand and rotate the right side of your body as you raise the DB straight up over your shoulder until your body forms a "T". Alternate right to left.

### **Station 5. Split Jump or Jump-Lunges**

Assume a single leg lunge position. Keep shoulders lifted and back straight-do a lunge. When you are about to raise back up, jump with enough force to propel both of your feet off the floor. While you are in the air, scissor-kick your legs so you land on the opposite starting leg and repeat-alternating sides.

**Station 6. Standing Dumbbell Row(10-30 lbs)** With your knees slightly bent and a pair of DB's, bend at your hips and lower your torso until it's nearly parallel with the floor. Let the DB's hang at arm's length. Now "row" the DB's up to your sides while squeezing your shoulder blades together. That is one rep.

**Station 7. Superman Jumps(15-25lbs)** Grab 2 dumbbells hold them at your side palms towards your body(palms facing each other). Squat half way keeping weights straight down and explode to jump straight into air. A bench or box can be used to jump on to, be safe.

### **Station 8. Pushup Dumbbell Row (30-60lbs)**

In the same position as the "T-Pushup", with a pair of DB's do a pushup and "row" your left arm along with the DB up to your side-squeezing your left shoulder blade. Lower and repeat with the right side.

### **Station 9. Burpees**

At a stand position drop down into a push up going down and on the way up thrust your legs under your chest and jump into straight into the air while sending your arms above your head.

### **Station 10. Dumbbell Push Press (10-25lbs)**

Stand holding a pair of dumbbells just outside your shoulders, with your arms bent and palms facing each other. Stand with your feet shoulder-width apart and knees slightly bent. Dip your knees then explosively push up with your legs as you press the weights straight over your shoulders. Lower the dumbbells back to the starting position and repeat.

At the end of completing all 10 stations complete a Monster Set- As many push-ups as you can-rest 30 sec, As many pull ups as you can-rest 30 seconds, AS many dips as you can-rest seconds: Start Station circuit

At the end of completing the circuit 3 times end with abs.

60 plank

30 situps

30 side plank R

30 side plank L

Air Bike 1 min

Heels to sky-Lay flat on ground, arms out like a T, bring knees to chest, extend legs straight into air, 10 reps.

100 flutter kicks

**If Coach Hughes can complete this circuit everyday, SO CAN YOU-BELIEVE!**

Varsity- You will be tested in the beeper test, run on your own.

