

Creative Circuit#1

Gold, Blue & Falcon: (40min)

min 00 bleacher dips
min 01 left leg bleacher squat
min 02 right leg bleacher squat
min 03 lat raise-partner 1
min 04 lat raise-partner 2
min 05 burpees
min 06 creative jog
min 07 creative jog
min 08 creative jog
min 09 creative jog

min 00 front plank
min 01 left side plank
min 02 right side plank
min 03 back bridge
min 04 superman
min 05 burpees
min 06 creative jog
min 07 creative jog
min 08 creative jog
min 09 creative jog

min 00 left reverse lunge
min 01 right reverse lunge
min 02 toe taps
min 03 side hops
min 04 broad jumps
min 05 burpees
min 06 creative jog
min 07 creative jog
min 08 creative jog
min 09 creative jog

min 00 left side crunch
min 01 right side crunch
min 02 push-up plyometric
min 03 standing squats
min 04 russian twists
min 05 burpees
min 06 creative jog
min 07 creative jog
min 08 creative jog
min 09 creative jog

Gold, Blue & Falcon: (12 min)

min 00 arm circles - little forward
min 00.5 arm circles - little backward
min 01 arm circles - medium forward
min 01.5 arm circles - medium backward
min 02 arm circles - large forward
min 02.5 arm circles - large backward
min 03 arm circles - medium forward
min 03.5 arm circles - medium backward
min 04 arm circles - little forward
min 04.5 arm circles - little backward
min 05 creative jog
min 06 creative jog
min 07 wall sit
min 08 wall sit
min 09 wall sit
min 10 creative jog
min 11 creative jog
min 12 creative jog

Blue & Falcon: (10 min)

min 00 squat jumps
min 01 skate bound to side w/hop
min 02 skate side jumps-l(30sec)/r(30sec)
min 03 explosive lat raise-10 ea
min 04 explosive double pole-10 ea
min 05 push ups
min 06 creative jog
min 07 creative jog
min 08 creative jog
min 09 creative jog

Falcon: (10 min)

min 00 bleacher dips
min 01 bleacher jumps-partner 1
min 02 bleacher jumps-partner 2
min 03 classic leg swings-l(30sec)/r(30sec)
min 04 explosive broad jumps
min 05 push ups
min 06 creative jog
min 07 creative jog
min 08 creative jog
min 09 creative jog