**BODY BACK CHALLENGE CIRCUITS:**

**Circuit 1:**

**Warm-Up:**

* Shoulder Circles x3ea.
* 5 Inchworms
* 5 V-Pushups

**Workout (18 Reps):**

* All the Exercises in the Body Weight Warmup Powerpoint
* Can modify and not go all the way down if some are too hard
* 50 Jumping Jacks or Marching in Place
* REPEAT Workout

**Circuit 2:**

**Warm-Up:**

* Hip Circles x3Reps each way
* Back/Glute Bridge :45 sec
* Goodmornings x10

**Workout:**

* Sprint in Place or Jump Rope 1min.
* Bear Crawl (forward and backwards in the space you have) :30sec
* Plyometric Pushup (can do from your knees or on an elevated surface) :30sec
* Sprint in Place or Jump Rope 1min.
* Mountain Climbers 1min.
* Crunch 1min.
* REPEAT Workout 2-4 Times (based on the time you have available)

**Circuit 3:**

**Warm-Up:**

* Toe Pulls x3ea.
* Thoracic Glides x5
* Pushup w/Rotation x6

**Workout:**

* Jumping Jacks or March in Place Fast 1min.
* Squat Down/Criss Cross Jump 30sec.
* Plank to Pushup :30sec.
* Burpees/Squat Thrusts 1min.
* Jumping Jacks or March in Place Fast 1min.
* Single Leg Bridge :30sec/ea. side
* REPEAT Workout 2-4 Times (based on the time you have available)

**Circuit 4:**

**Warm-Up:**

* Scapular Camshaft x3ea. way
* Elbow Circles x5ea. way
* Wrist Flexion/Extension x5ea. way

**Workout:**

* Sprint in Place or Jump Rope 1min.
* Dynamic Prone Plank 1min.
* Flutter Kicks :30sec.
* Sprint in Place or Jump Rope 1min.
* Rotating Obliques :30sec.
* Lunges in place (up and down) :30sec.ea
* REPEAT Workout 2-4 Times (based on the time you have available)

**Circuit 5:**

**Warm-Up:**

* Hip Circles x3Reps each way
* Toe Pulls x3ea.
* Thoracic Glides x5
* Wrist Flexion/Extension x5ea. way

**Workout:**

* Sprint in Place or Jump Rope 1min.
* Jumping Jacks or March in Place Fast 1min.
* Squat Down/Criss Cross Jump 30sec.
* Mountain Climbers 1min.
* Inchworms x10
* Burpees/Squat Thrusts 1min.
* REPEAT Workout 2-4 Times (based on the time you have available)