

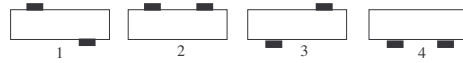
Circuit training (during Xmas/Spring break)

The exercises must be done back to back.
No break in between the lap.

1. Jump squats (x30) “fast”

2. Crunch (x50) “upper abs”

3. Step on a bench (45s) “see feet position”



4. Bench dips (45s) “triceps”

5. Superman (45s) “lower back”

Lay flat on your stomach, and lift up your right arm and left leg, then switch (left arm and right leg)

6. Shoulder press (45s)

7. ½ Sprint pace (20meters) + Normal run pace (20meters) (x5)

8. Bench Pull (with heavy stick) (x50)

9. Wall sit (45s)

10. Calf raise (45s)

11. Push ups (on your knees or not) (45s)

12. Body weight squats (x40) “fast”

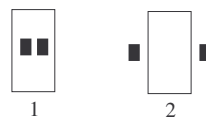
13. “start exercise” (x50)

“Squat on the ground as if you were ready to sprint, and switch back and forth the position of your feet.”

14. leg raise (x50) “lower abs”

15. “catch exercise” (x30) “with books or heavy wood stick”

16. Jump on a bench (x40) “see feet position”



17. Clean exercise (x50)