

## Fitness Circuit - Novice - No equipment

Warm-up: 5 mins  
 Number of stations: 15  
 Number of Reps: 3  
 Interval time: 30 secs work  
 Rest time: 20 secs rest  
 Stretch: 10 minutes  
 Total Time: 60 minutes

Equipment: 6 individual mats

Station #	Exercise	Less Difficult	More Difficult
1	Push-ups	From kness	Leg Raise (5 per side)
2	Wall-sit	Kness > 90 degrees	One-leg (10 secs reps)
3	Quick Feet	Slower Pace	One leg hops
4	Plank (elbows)	High push-up	In low push-up
5	Wide Arm Push Ups	From kness	Leg Raise (5 per side)
6	Chair	Less knee bend	Arms over head, low knee
7	Rest (RPE Monitor)	N/A	N/A
8	Crunches (Knees up)	Knees down	Crunchy Frog
9	Side-to-side Pushups	From knees	Move at the bottom
10	Squat Jumps	No jump	Hold at bottom and explode
11	Jumping Jacks	N/A	N/A
12	Squat Run	Slower Arms	Deeper squat
13	Arm Circles	5 sec rest	Any form of weight
14	Alternating Lunges	Pause in-between	Torso twist at the bottom
15	Candle-stick Crunch	Do not go up with legs	Feet don't touch on bottom