

Fitness Circuit - Progressive - No equipment

Warm-up: 2-3 mins
 Number of stations: 10
 Number of Reps: 5
 Interval time: 35 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	Dive-Bomber Push-up	Stay up coming back	Increase reps
2	One-leg Wall Sit	Regular wall-sit	Lift leg higher
3	Shuttle Run	N/A	N/A
4	Side Plank	N/A	N/A
5	Chameleon Push-ups	Just chameleon	Chameleon at the bottom
6	Sumo Chair	Hold one of the two	Jump in-between
7	Prison Cell Push-ups	No push-ups in between	Jumping jack at the top
8	Karate Chair Kicks	Slower pace	Toes only
9	V-up Roll-up	Just the V-up	Increase reps
10	Jump Squats	Regular Squats	Hold at the bottom the explode