

# MOVE MORE

## Circuit Training Workout

Enhance your daily or weekly walk in this park or mix up your regular workout with these exercises. One type of circuit training involves a series of exercises performed between intervals of walking, jogging or running.

Remember to warm up before starting the first exercise.



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### Circuit Training Benefits

Keep heart rate elevated.

Burn more calories.

Have fun!

Challenge your whole body.

Avoid plateaus.

Improve muscular strength.



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More details: [norrisrec.org/move-more](http://norrisrec.org/move-more)



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## Circuit Training Workout

### Bear Crawl

Bend down and plant your hands on the ground.  
Try to keep your back flat as you crawl forward like a bear  
as fast as you can and as far as you can  
go for at least 30 seconds.



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Participate at your own risk. St. Charles Park District is not responsible for injuries sustained performing these exercises.  
Consult with a doctor before beginning any exercise program. Practice safe physical distancing protocols.



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## Circuit Training Workout

### Crab Walk

Sit on the ground, and bridge up with your hips  
so you look like a table top.

Walk forward on your hands and feet as fast as you can  
and as far as you can go for at least 30 seconds.



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### Crabby Crawl Out

Stand with your legs wider than shoulder-width apart.

Lower into a sumo squat. Crawl out onto your hands until your body is stretched out in plank position.

Then, do a push-up. Crawl back with your hands and sit back into the sumo squat, arms straight and extended overhead.

Repeat for 20 seconds.



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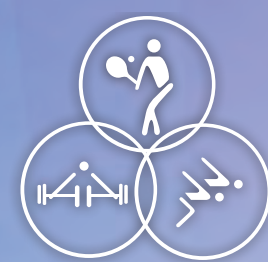
## Circuit Training Workout

### Grass Grabbers

Start with your feet wider than shoulder-width apart.

Push your hips back and lower into a sumo squat, bringing your arm to touch the ground right underneath your torso. Then, stand up straight and jump your feet in so that they land directly under your hips (land on the balls of your feet).

Immediately hop your feet back out to start position and start with the squat again. Continue for 20 seconds.



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### High Knees

Stand tall with feet hip-width apart. Keep your chest lifted and your abs tight as you drive your knees toward your chest, one at a time. Swing your arms, focusing on taking your finger tips from hip height to lip height in rhythm with your knees. Continue for 30 seconds.



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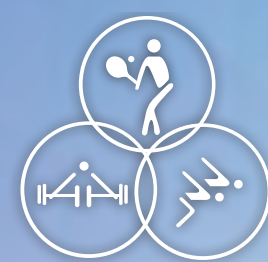


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### Lunges

Stand with feet together, shoulders back, and core tight. Lift right leg off the ground and take a big step forward. Lower your body toward the ground until right upper thigh is parallel to the ground and right knee forms about a 90-degree angle. Straighten up by pushing through right heel to return to standing. Alternate sides for 60 seconds.



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### Plank

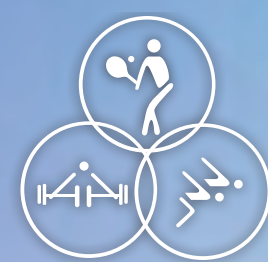
Get on all fours with your toes on the floor shoulder-width apart.

Your wrists and elbows should be stacked directly beneath your shoulders. Keep your core tight so your body is in a straight line from head to toe. Squeeze your thighs and butt.

Keep your neck and spine in a comfortable, neutral position.

(Tip: Try aiming your chin about 6 inches in front of your body.)

Hold this position for 30 seconds.



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### Push-Ups

Facing the ground, put your arms straight, your shoulders over your wrists and legs extended behind you – your body should be in a straight line. Bend your elbows and lower your body slowly to the ground. Go as low as you can; then press up with your arms and return to the starting position.

Drop to your knees if you need to modify.

Continue for 20 seconds.



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### Push-up to Twist

Do a regular push-up. Then, shift all your weight to one arm and twist your body open to the opposite side to get into a side plank position. Reach the free arm straight up into the air.

Keep your body in a straight line, arms stacked in line with your shoulders, and legs straight.

Continue, alternating sides, for 30 seconds.



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### Single-Leg Bicycles

Lie face up with both legs extended straight in front of you, keeping your heels higher than your hips. Lift your shoulder blades off the ground and engage your abs. Twist your torso to bring your right elbow to your left knee, keeping your right leg extended. Bring your chest and leg back to start. Continue on the same side for 20 seconds; then, repeat on the other side.



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### Sprints

Run forward at about 90% of your top speed 15-20 seconds one way and then back. If you're really coordinated, try running backwards. Each sprint, there and back, should last 30-40 seconds.



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### Squat Jumps

Start in a squat position and jump from there as high as you can, landing in a squat with your feet pushing into the ground.

Use your arms for power.  
Continue for 30 seconds.



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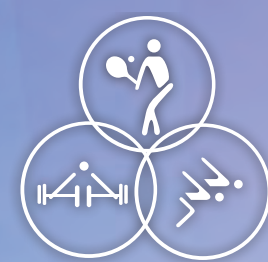


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### Squat to High Kick

Stand with your feet slightly wider than hip-width apart, toes facing forward. Sit your hips back into a squat. As you stand back up, kick one leg up, keeping it straight, and bring your opposite hand out to touch your toes. Alternate sides for 20 seconds.



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