

What: Circuit training = Endurance and conditioning

Where: b-ball court (indoor or outdoor)

Size of class: 20-30 max

Equipment needed: hurdles, cones, rings

Description:

- Two minute jog
- Push ups
 - o 1 on knee, 1 on toes
 - o 2 on knee, 2 on toes
 - o repeat up to 5

- 10 Crunches, 15 Crunches
- 2 Minute Fast pace run
- 10 Push ups, 20 Crunches
- Sprint full court up and back
- Repeat (push up, crunch, sprint)
- 10 Reverse push ups, 10 (3 count) Flutter kicks
- Repeat (push ups, Flutter kicks)
- Forward lung up court, 10 Push ups
- Reverse lung up court, 20 Crunches
- Repeat (lung, Push ups, Crunches)
- Two minute fast past run
- Two minute jog
- Two minute walk

Variations: Increase reps, two set of eight in place lunge, two 30 second planks, reverse crunch, or roach.

Fun: Split up into teams and race.