

OUTDOOR RUNNING CIRCUIT

Equipment Needed: elastic exercise bands, timers/stopwatches

Location: Outdoors: Track or flat area with $\frac{1}{4}$ mile distance marked

1. Physical Training Leader (PTL) will lead group in warm up exercises.
2. Members will complete at own pace (members will continue rotation until all members have completed rotation once).
3. Members will complete 30 seconds of each of the following exercises and will run the $\frac{1}{4}$ mile distance in between each exercise.
 - a. Squats
 - b. Jumping Jacks
 - c. Push ups
 - d. Bicep Curls (with band)
 - e. Walking Lunges
 - f. Push ups
 - g. Lateral raises (with band)
 - h. Crunches
 - i. Twist Crunches
 - j. Squats
 - k. Push ups
 - l. Tricep extensions (with band)
4. PTL will lead group in cool down exercises and stretches.