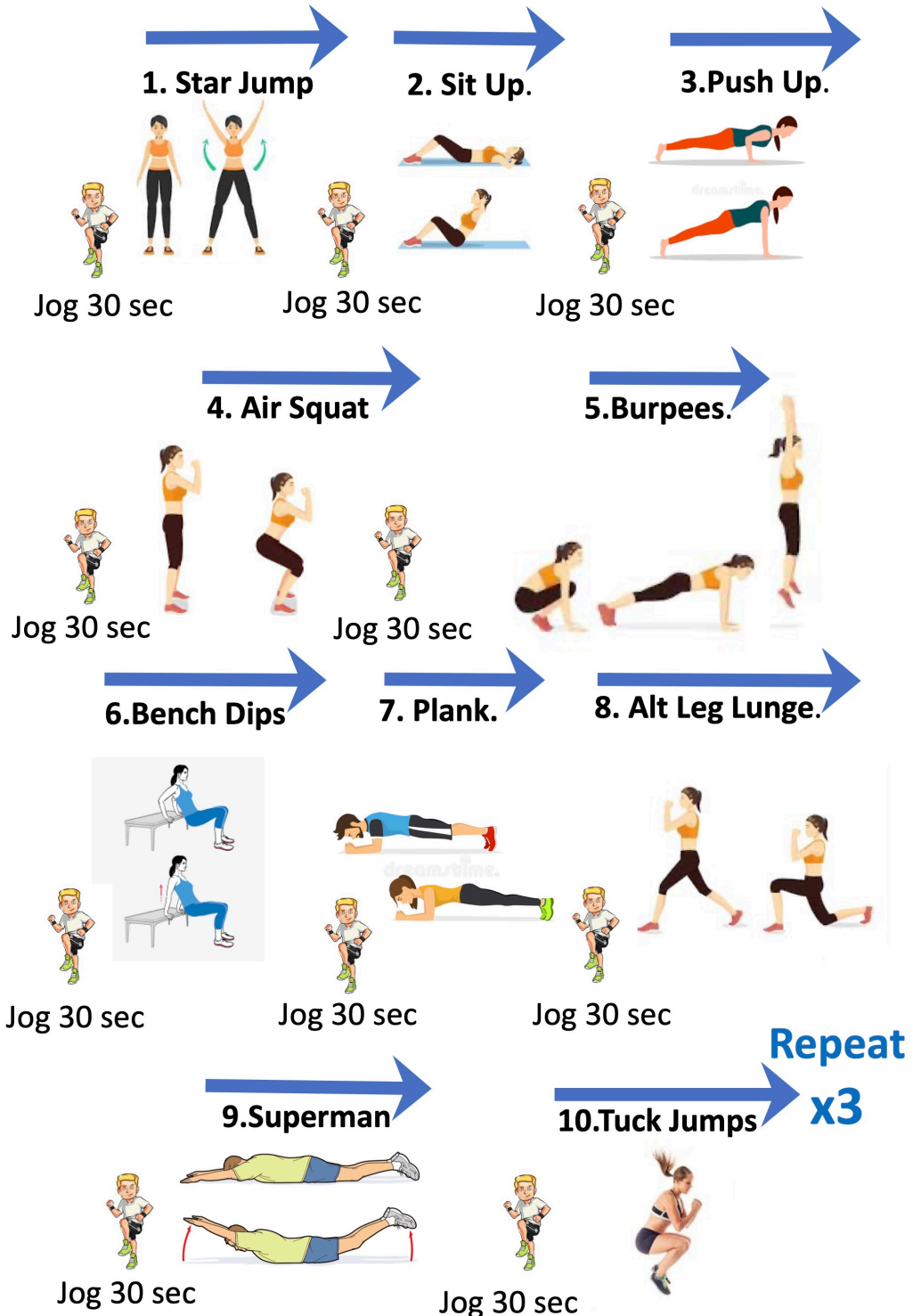


# HRC Circuit Training (Suggest 2- 3 Days each week).

1 - 6, 8 & 10 gradually build the no. of reps each week starting at 10, and ratcheting up to a maximum of 30 reps.

7 & 9 hold positions for 30 sec and progressively build weekly to holding positions for 60 sec or more.

Repeat each 10-exercise circuit 3 times.



**1. Star Jump**  
 Jog 30 sec

**2. Sit Up.**  
 Jog 30 sec

**3. Push Up.**  
 Jog 30 sec

**4. Air Squat**  
 Jog 30 sec

**5. Burpees.**  
 Jog 30 sec

**6. Bench Dips**  
 Jog 30 sec

**7. Plank.**  
 Jog 30 sec

**8. Alt Leg Lunge.**  
 Jog 30 sec

**9. Superman**  
 Jog 30 sec

**10. Tuck Jumps**  
 Jog 30 sec

**Repeat x3**