

Total Fitness Circuit

The following is a 60-minute circuit program that will increase your strength, endurance, balance and flexibility. Execute as follows:

- Warm up by marching in place for five minutes.
- Perform each exercise in a circuit 16 times, and repeat until nine minutes have passed.
- Rest for one minute.
- Continue until you have completed each circuit.
- End with five minutes of stretching.

1st circuit

Jumping Jack – low impact

Step one heel out while raising two arms up

Sit stands

Sit in chair, then stand

Bent over lateral raise – dbs.

Bend forward, hinging at hips, and lift arms to side

Slow knee lift - 8x each side

Balance on one leg while lifting knee of opposite leg

2nd circuit

Squat/hamstring curl

Squat, then bend one knee, pulling heel toward butt

Power lunges – 8x each side

Step forward, bending knee, then push off hardack toward chair

Knee to chest, chest to knee – seated

Sit on edge of chair, spine neutral, arms extended, and lean back. Pull R knee to chest as torso moves toward knee, then return foot to floor and lean back. Repeat w/L leg.

Tandem w/front shoulder raise - 6x each side – dbs.

Place heel in front of toes of opposite foot. Lift one arm upward, then lower

3rd circuit

2-step w/circle arms

Take 2 steps to side while making circle w/2 arms

Bent over row/kickbacks – dbs.

Bend forward, hinging at hips. Pull elbows up, then extend arms back

Hip extension

Standing behind chair, extend one leg back

Tandem w/calf raise – 8x each side

With heel in front of toes of opposite foot, lift heels and lower

4th circuit

Squat/leg lift to side

Squat, then lift one leg

Triceps extension, stepping out to side – band

Holding band at chest level, extend one arm and step to side

Twist w/knee lift – seated

Sit in chair, spine in neutral, and lean back. Twist to R, lifting R knee, then twist to L, lifting L knee

Hamstring curl w/biceps curl – 8x each side

Balancing on one leg, bend one knee, pulling heel toward butt, while performing biceps curl

5th circuit

March - press up, pull down

March in place while extending arms diagonally overhead, then bending elbows and pulling downward

Hip ab/adduction – 8x each side

Balancing on one leg, lift one leg to side, then extend across midline

Upright rows – dbs.

Raise dbs. to chest, elbows out, then lower

One leg balance w/lateral arm movement – 8x each side

Balance on one leg while moving one arm to side, tracking hand