

Bodyweight Workout Circuit Two

Workout (Repeat 3 Times)

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
Plank	00:45	1	00:20	00:00	03:15
Burpee	00:45	1	00:20	00:00	03:15
Push-Up	00:45	1	00:20	00:00	03:15
Squat	00:45	1	00:20	00:00	03:15
Pull Up	00:45	1	00:20	00:00	03:15
Total	11:15		05:00	00:00	16:15

Class Plan Totals

Total Work Time	11:15
Total Rest Time	05:00
Total Transition Time	00:00
Total Time	16:15

Exercises

Burpee	Start out in a low squat position with hands on the floor. Next, kick the feet back to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up position.
Plank	Lie face down with forearms on the floor and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position.
Pull Up	Grasp the bar with an overhand/underhand/alternative-hand grip. Then pull the body is up until the chin clears the bar, and finish by lowering the body until arms and shoulders are fully extended.
Push-Up	Keep a tight core throughout the entire push up. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent
Squat	Stand with the feet parallel or turned out 15 degrees—whatever is most comfortable. Slowly start to crouch by bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor. Press through the heels to return to a standing position.