

BASIC TRAINING #2

Do 3 rounds of each circuit, with 30-60 seconds rest in between each set. Do 2 rounds of abs/glute.

Body weight training is a great way to improve your endurance, while increasing strength, range of motion and balance. Added bonus? You won't need much equipment other than yourself... just a chair or sturdy bench.

Total workout time 30-35 minutes.

Warm Up

Spend at least 5 minutes with your favorite warm up moves. For example, jumping jacks, air jump rope, basic squats, shoulder and chest stretches.

Circuit 1

Squat with pulse - 5 squats, 5 pulses; 8 to 10 reps
Single leg mountain climber - 14 each leg
Tricep dip - 20 reps

Circuit 2

Reverse lunge with touch down - 12 each side
Eccentric push up (on knees) - 18 to 20 reps
Walk outs - 15 to 18 reps

Circuit 3

Alternating side lunge - 30 (15 each)
Full sit up - 20 reps
Air jump rope - 1 minute

Abs/Glute

Reverse crunch - 20 reps
The "L" - 3 @ 20 seconds each
Glute bridge series - 15 each

Get instructions on these exercises and more great workouts at www.evolvefitnessandcoaching.com