

| Name: | | Regeneration BW Circuit | | | February | |
|--|--|-------------------------|--|---|-------------|--------------------------------|
| Day 1 Circuit | | | | | | |
| I. Foam Roll/Mobility (4-8 min) | | | | | | |
| calves, hamstrings, quads/hips, glutes, upper back, Extensions and windmills (:30ea) | | | | | | |
| II. Heart Rate Increase/Dynamic (2-3 min) | | | | | | |
| High knees-10, butt kicks-10, hip circles-10, lunge twist-5ea (2 sets) | | | | | | |
| III. Heart Rate Tracker | | | | | | |
| Week 1 Heart Rate- | | Week 3 Heart Rate- | | | | *Max HR=pulse for 15 secondsx4 |
| Week 2 Heart Rate- | | Week 4 Heart Rate- | | | | Best Sets= |
| IV. Circuit | | | | Sets | Reps | Rest |
| Rules: | | | | | | |
| *Roll dice at beginning to determine amount of time before you rest | | | | | | |
| *Draw a card, perform the exercise then keep repeating | | | | | | |
| * Keep track of how many cards you get through in ea. designated amount of time | | | | | | |
| Exercises: | | | | | | |
| A= 1 Pushup | | | | | | |
| K= 13 Slalom Skii Jumps | | | | | | |
| Q= 12 Power Skip Jumps | | | | | | |
| J= 11 Jumping Jacks | | | | | | |
| 2-10= Burpee + Star Jack | | | | | | |
| Joker= 20 Tuck Jumps | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| V. Corrective Stretches (perform at end of workout) | | | | | | |
| 1- Lying Hip Flexor Stretch (1x1:00ea) | | | | 3- Overhead Pec Stretch (1x1:00) | | |
| 2- Cross over Glute (1x:30ea) | | | | 4- Overhead shoulder stretch (1x:30ea) | | |