







Fit Kit Circuit Warm-up

Exercise						Manual-Notes (if any)
 <p>Standing Running Form Starting Position: Stand with feet together. Swing arms in a sprinting motion. Elbows should be kept at 90 degrees and keep hands relaxed. Your hands should come up to about shoulder height and should go past your hips in the back. The arms should be moving in a straight line without crossing across the body.</p> <p>Trainer's comments:</p>	Sets	Reps	Weight/Resistance	Tempo	Time	
	1	1			30 sec	
	2	2			30 sec	
 <p>Jumping Jacks Start with your legs side by side and your arms by your side. In one motion jump and spread your legs out to the side while your arms raise out and up over your head. Land in this position and then return to the starting position and repeat.</p> <p>Trainer's comments:</p>	Sets	Reps	Weight/Resistance	Tempo	Time	
	1	1			30 sec	
	2	2			30 sec	
 <p>Stationary Bodyweight Lateral Lunge/Squat 1. Start by placing your hands behind your head and your feet placed with a wide stance. 2. Shift your weight and hips to one side and squat down so that your hips drop down behind that foot. 3. Return to the starting position and repeat the same movement to the other side. 4. Alternate this movement back and forth until the desired repetitions are met.</p> <p>Trainer's comments:</p>	Sets	Reps	Weight/Resistance	Tempo	Time	
	1	1			30 sec	
	2	2			30 sec	

 <p>High Knee Drill 1. Stand in place with feet hip width apart. 2. Drive knee up towards chest and quickly place the foot back on the ground. 3. Drive other knee up in a moderate to fast jog with minimal ground contact time.</p> <p>Trainer's comments:</p>	<table border="1"> <thead> <tr> <th>Set s</th> <th>Reps</th> <th>Weight/Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1</td> <td></td> <td></td> <td>30 sec</td> </tr> <tr> <td>2</td> <td>2</td> <td></td> <td></td> <td>30 sec</td> </tr> </tbody> </table>	Set s	Reps	Weight/Resistance	Tempo	Time	1	1			30 sec	2	2			30 sec	
Set s	Reps	Weight/Resistance	Tempo	Time													
1	1			30 sec													
2	2			30 sec													
 <p>Butt Kick Start with a light jog Pull the heel of the lower leg up to and bounce off the butt. Your knee should come forward and up during the movement.</p> <p>Trainer's comments:</p>	<table border="1"> <thead> <tr> <th>Set s</th> <th>Reps</th> <th>Weight/Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1</td> <td></td> <td></td> <td>30 sec</td> </tr> <tr> <td>2</td> <td>2</td> <td></td> <td></td> <td>30 sec</td> </tr> </tbody> </table>	Set s	Reps	Weight/Resistance	Tempo	Time	1	1			30 sec	2	2			30 sec	
Set s	Reps	Weight/Resistance	Tempo	Time													
1	1			30 sec													
2	2			30 sec													
 <p>Straight Leg Quick Feet Run keeping your legs straight and the feet pointed toward the ground Focus on minimizing ground contact with the foot and pull through with the leg. Steps should only be approximately 1 foot apart.</p> <p>Trainer's comments:</p>	<table border="1"> <thead> <tr> <th>Set s</th> <th>Reps</th> <th>Weight/Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1</td> <td></td> <td></td> <td>30 sec</td> </tr> <tr> <td>2</td> <td>2</td> <td></td> <td></td> <td>30 sec</td> </tr> </tbody> </table>	Set s	Reps	Weight/Resistance	Tempo	Time	1	1			30 sec	2	2			30 sec	
Set s	Reps	Weight/Resistance	Tempo	Time													
1	1			30 sec													
2	2			30 sec													