







## Fit Kit Circuit

Perform this circuit 3 times through. Complete each exercise for 20-40 seconds & then rest for 20 seconds. After completing a circuit take a 60 second rest.

Exercise	Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e	Manual-Notes (if any)
 <p><b>Standard Pushup</b></p> <ol style="list-style-type: none"> <li>Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.</li> <li>Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.</li> <li>Start position: Extend the elbows and raise the body off the floor.</li> <li>Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.</li> <li>Return to the start position by extending at the elbows and pushing the body up.</li> <li>Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.</li> </ol> <p><b>Trainer's comments:</b> If unable to do a push up from your toes start on your knees.</p>	1				20-40 sec	
	2				20-40 sec	
	3				20-40 sec	
 <p><b>Mountain Climbers</b></p> <ol style="list-style-type: none"> <li>Start by getting on your hands and feet in a prone position.</li> <li>Keeping your body parallel to ground drive your knees up towards your chest alternating back and forth.</li> <li>Repeat this movement for the required number of seconds.</li> </ol> <p><b>Trainer's comments:</b></p>	1				20-40 sec	
	2				20-40 sec	
	3				20-40 sec	
 <p><b>Step Jumps</b></p> <ol style="list-style-type: none"> <li>Stand beside object to be cleared.</li> <li>Bring knees up and jump vertically but also laterally off ground and over the barrier.</li> <li>Land on both feet and jump the other direction over barrier.</li> </ol> <p><b>Trainer's comments:</b> Step is not necessary when starting out.</p>	1				20-40 sec	
	2				20-40 sec	
	3				20-40 sec	

 <p><b>Burpees</b></p> <ol style="list-style-type: none"> <li>1. From a standing position, jump as high as possible and land down on your feet with your hands on the ground.</li> <li>2. Kick your feet back. For a moment you will be in a push up position and jump back up again as fast as possible.</li> <li>3. Repeat for the required repetitions</li> </ol> <p><b>Trainer's comments:</b></p>	<table border="1"> <thead> <tr> <th>Set s</th> <th>Rep s</th> <th>Weight/ Resistanc e</th> <th>Temp o</th> <th>Tim e</th> </tr> </thead> <tbody> <tr> <td>1</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> <tr> <td>2</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> <tr> <td>3</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> </tbody> </table>	Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e	1				20-40 sec	2				20-40 sec	3				20-40 sec	
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 <p><b>Superwoman/man</b></p> <ol style="list-style-type: none"> <li>1. Begin by resting on the stomach facing down towards the floor. Bring the arms to the side and the legs hip-width apart. Inhale and press the abdominals towards the floor as the chest, arms, legs and head lift away from the floor.</li> <li>2. Rotate the thumbs up towards the sky palms facing down towards the floor. Gently squeeze the buttock muscles together continuing to lift the chest and legs higher. Keep the chin gently tucked in and the crown of the head lengthening away from the heels.</li> <li>3. Softly squeeze the shoulder blades together allowing the chest to open. Hold this posture for 5 to 10 deep breaths.</li> </ol> <p><b>Trainer's comments:</b></p>	<table border="1"> <thead> <tr> <th>Set s</th> <th>Rep s</th> <th>Weight/ Resistanc e</th> <th>Temp o</th> <th>Tim e</th> </tr> </thead> <tbody> <tr> <td>1</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> <tr> <td>2</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> <tr> <td>3</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> </tbody> </table>	Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e	1				20-40 sec	2				20-40 sec	3				20-40 sec	
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 <p><b>Bodyweight Squats</b></p> <ol style="list-style-type: none"> <li>1. Start by placing feet shoulder width apart and holding your arms out in front of you.</li> <li>2. Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly and your hips will shift backwards while going down.</li> <li>3. Remember to keep your knees from going out in front of your toes while squatting.</li> <li>4. Repeat according to your required repetitions. If you want to make the exercise more challenging hold your arms at your sides or behind your head.</li> </ol> <p><b>Trainer's comments:</b></p>	<table border="1"> <thead> <tr> <th>Set s</th> <th>Rep s</th> <th>Weight/ Resistanc e</th> <th>Temp o</th> <th>Tim e</th> </tr> </thead> <tbody> <tr> <td>1</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> <tr> <td>2</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> <tr> <td>3</td> <td></td> <td></td> <td></td> <td>20-40 sec</td> </tr> </tbody> </table>	Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e	1				20-40 sec	2				20-40 sec	3				20-40 sec	
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**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.

**Trainer's comments:**

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1				20-40 sec
2				20-40 sec
3				20-40 sec



**Bench Dip**

- 1) Sit upright on bench and place hands hip width apart with fingers pointing forward. Place feet flat on opposite bench with legs straight.
- 2) Start position: Slide glutes off bench with elbows slightly bent.
- 3) Lower body by bending at elbows until elbows are at 90 degree angle.
- 4) Return to start position.

**Trainer's comments:**

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1				20-40 sec
2				20-40 sec
3				20-40 sec



**Bodyweight Reverse Lunge**

1. Start by standing with your feet shoulder width apart.
2. Step back with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.
3. Maintain your upright posture throughout the movement.
4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg.

**Trainer's comments:**

Set s	Rep s	Weight/ Resistanc e	Temp o	Tim e
1				20-40 sec
2				20-40 sec
3				20-40 sec



**Bridge (Plank) on elbows**

1. Start by lying face down on the ground. Place your elbows and forearms underneath your chest.
2. Prop yourself up to form a bridge using your toes and forearms.
3. Maintain a flat back and do not allow your hips to sag towards the ground.
4. Hold for the required time limit or until you can no longer maintain a flat bridge.

**Trainer's comments:**

Set s	Rep s	Weight/ Resistance	Temp o	Tim e
1				20-40 sec
2				20-40 sec
3				20-40 sec