

Winter Conditioning for Junior Racers – February 2015

Circuit A: Complete as many of each exercise as you can in 45 seconds. Rest for 15 seconds, and then begin the next exercise. Repeat the circuit (16 minutes total)

- Squats
- Bicycle crunches
- Plank
- Lunges
- Side plank (right)
- Side plank (left)
- Jumping jacks
- Push ups

Circuit B: Complete as many of each exercise as you can in 45 seconds. Rest for 15 seconds, and then begin the next exercise. Repeat the circuit (16 minutes total)

- Jumpees
- Bicycle crunches
- Leg lifts
- Plank
- Run in place (high knees)
- Burpees
- Scullers
- Superman

If you have any questions about the exercises, contact Coach Allie.