



**Chris Manning, PFT, LLC.** (905) 708-3002  
Real Life Fitness & Wellness, St.Catharines, ON. www.rlfw.ca



## **GOW Advanced Strength/Core Circuit Training**

\*If you are regularly exercising, doing resistance training and cross-train cardiovascular exercise, including running at least 2x/week, for a total (resistance and cardiovascular) of 60 minutes, 3 – 4 x/week, this program is for you!

Warm up = 5 minute jogging

**Active Movement Warm up:** <http://youtu.be/XbYgjWhJ-D0>

**Week 1 – 3** (Weeks 1 - 3 = 30 seconds/exercise/ 15 seconds rest in a continual circuit.)

**(Repeats Circuit 2 x)** \*these first 3 weeks of the circuit workouts will take about 30 min.)

- **Jump Rope** <http://youtu.be/v0fJX29SF-I>
- **One Foot Hop & Hold (Floor or Bosu) - forward/lateral-10 m - alternating Left & Right foot**  
Floor <http://youtu.be/R6C7yfPL7wI>  
Bosu <http://youtu.be/imZCnGe4bsg>
- **Gator Pushups** <http://youtu.be/1KqJX598Jxs>
- **Machine Assisted Chin up ( or Pulldowns)**  
Machine Assisted Chin up <http://youtu.be/4YxeMFBewic>  
Pulldown [http://youtu.be/G\\_GGSQz1CVs](http://youtu.be/G_GGSQz1CVs)
- **Spider Crawl (10 m)** <http://youtu.be/Vh9LMeTrlb8>
- **Jump Rope/High knee's** <http://youtu.be/LpgQ0fAWprg>
- **Push ups** [http://youtu.be/q\\_Z2O8RpHUY](http://youtu.be/q_Z2O8RpHUY)
- **Hanging Knee Tuck (or floor, body 45 degrees)**  
Hanging Knee Tuck [http://youtu.be/kXJe8t\\_GkF4](http://youtu.be/kXJe8t_GkF4)  
Floor Knee Tuck <http://youtu.be/1fbr9sgbo50>
- **High Knees Jog (10 m) (landing on toes) wide legs**  
<http://youtu.be/IZBE2vwqfU8>

**Weeks 4- 8** (Weeks 4 - 8 = 45 seconds/exercise/ 15 seconds rest in a continual circuit.)

**(Repeats Circuit 2 x)** \*Weeks 4 – 8 of the circuit workouts will take about 35 min.)

- **Mountain Climber** <http://youtu.be/vI0aCWvQLFM>
- **Plank/Arm Exchange – from toe's & elbows** <http://youtu.be/c2ZSZP03P1E>
- **High knee/Hurtle Run (10 m)** <http://youtu.be/X-NF2XDf3gQ>
- **Chin up** [http://youtu.be/y\\_z49WWi0iI](http://youtu.be/y_z49WWi0iI)
- **Stability Ball Pushups** <http://youtu.be/Izpz5TdtmsM>
- **High Knees Jog - wide legs/close legs (10 m)** [http://youtu.be/vnPQMfb\\_HX0](http://youtu.be/vnPQMfb_HX0)
- **Combat Crawl (10 m)** <http://youtu.be/68HhGMpelOA>
- **One Foot Hop & Hold (Floor or Bosu) - forward/lateral-10 m - alternating Left & Right foot**  
Floor <http://youtu.be/R6C7yfPL7wI>  
Bosu <http://youtu.be/imZCnGe4bsg>
- **Hanging Knee Tuck (or floor, body 45 degrees)** [http://youtu.be/kXJe8t\\_GkF4](http://youtu.be/kXJe8t_GkF4)

**After Exercise Stretching** <http://youtu.be/GSZLSDtuH9o>