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GOW Beginner Strength/Core Circuit Training

*If you are not regularly exercising, or regularly exercise for 30 - 45 minutes, 3x/week, this program is for you!

Warm up = 5 minute brisk walk and:

Active Movement Warm up <http://youtu.be/7y67DnzC-3E>

Week 1 – 3 (Weeks 1 - 3 = 20 seconds exercise/45 seconds rest in a continual circuit.)

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

- **Push ups- modified from knees** <http://youtu.be/TYL0jh8DHIE>
- **Lunge Forward/Lateral (10 m)** <http://youtu.be/vAXppgRzgdg>
- **Pulldown – Bar** http://youtu.be/G_GGSQz1CVs
- **Plank** http://youtu.be/P_bXR8Etsb8
- **High knee/Hurtle Run (10 m)** <http://youtu.be/X-NF2XDf3gQ>
- **Plank/Arm Exchange – from knee's & elbows** <http://youtu.be/SE1G15GTCXU>
- **Floor Knee Tuck – body 45 degrees (or Roman Chair Knee Tuck)**
Floor Knee Tuck <http://youtu.be/1fbr9sgbo50>
Roman Chair Knee Tuck <http://youtu.be/SRBeA5KAx8>
- **Jump Rope** <http://youtu.be/v0fJX29SF-I>

Week 4 – 8 (Weeks 4 - 8 = 30 seconds exercise/ 30 seconds rest in a continual circuit.)

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

- **Push ups** http://youtu.be/q_Z2O8RpHUY
- **Mountain Climber** <http://youtu.be/vI0aCWvQLFM>
- **High knee/Hurtle Run (10 m)** <http://youtu.be/X-NF2XDf3gQ>
- **Combat Crawl (10m)** <http://youtu.be/68HhGMpelOA>
- **Jump Rope** <http://youtu.be/v0fJX29SF-I>
- **“Hanging Around”** <http://youtu.be/tfG19M26zTE>
- **High Knees, (10 m) wide legs – hop/jog** <http://youtu.be/IZBE2vwqfU8>
- **Plank/Arm Exchange – from toe's & elbows** <http://youtu.be/c2ZSZP03P1E>
- **Machine Assisted Chin up (or Pulldowns)**
Machine Assisted Chin up <http://youtu.be/4YxeMFBewic>
Pulldown http://youtu.be/G_GGSQz1CVs
- **Floor Knee Tuck – body 45 degrees (or Roman Chair Knee Tuck)**
Floor Knee Tuck <http://youtu.be/1fbr9sgbo50>
Roman Chair Knee Tuck <http://youtu.be/SRBeA5KAx8>
- **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>

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