

# PHYSICAL ACTIVITY

## 15 MINUTE - FUNCTIONAL TRAINING CIRCUIT

- Perform each exercise 10 repetitions or time as indicated
- Repeat the circuit 2-3 times as time and fitness level allows
- Remember to breathe throughout the exercises – do not hold your breath!

### 1. Jumping Jacks



At an easy pace perform jumping jacks for 30-40 seconds. For more challenge, increase the speed and/or widen the stride.

### 2. Supported Split Squat



Begin with legs separated in a forward and back position and one arm supported on a chair or bed. Bend the front knee until the thigh is parallel to the floor and the back knee is 2-3 inches of the floor. Keep the body upright and the front toes over the knee. Rise back to the upright position. Repeat 5 times then repeat with the other leg in the front position.

### 3. Chair Push-Up



With hands supported on a stable chair, extend the elbows to a push-up position and then slowly lower back down. Keep the body straight throughout the exercise. For more intensity perform the pushup from the floor with wide hand position to target the chest and a narrow hand position to target the triceps (back of the arms).

### 4. Goblet Squat



Begin in a standing position with feet shoulder width apart. Hold a dumbbell between the knees and close to the body. Lower down into a squat position and back up. Hold the dumbbell close to the body throughout the exercise. For variety, place feet wider apart and for greater intensity rise faster from squat to the upright position.

### 5. Hip Lift with Leg Extension



Begin on the floor with face up and knees bent at 45 degrees – feet are flat on the floor. Tighten the “glutes” (butt muscles) and extend the hips until there is a straight line between the shoulders and hips. At the top, extend one leg toward the ceiling and hold for 3 seconds. Lower the leg and hips to the floor. Perform 5 repetitions to each side.

### 6. Lateral Leg Raise



Lie on your side with a straight body -legs should be on top of each other. Slowly raise the top leg up as far as possible and then lower it back down. Repeat 10 times each leg.

### 7. Revised Burpee



Begin with hands and feet on the floor. In a ‘running style’ bring one leg up to the chest, then alternate right and left legs. Repeat the cycle for 40 seconds.

### 8. Supported Leg Extension



In a standing position, use a stable chair for support and arms extended. Extend one leg (from the hip) fully to the back then return to the standing position. Repeat the cycle for 10 repetitions for each leg.

### 9. Side Plank



Lie on your side on the floor with a straight body. Raise the body off the floor while supported by feet and elbows. Keep the body straight throughout the exercise. Pause for 3 seconds at the top of the movement then lower to the floor. Repeat 5 times on each side. Option: perform the exercise from the knees rather than toes.

### 10. Bird Dog



Begin with hands and knees on the floor. Extend one arm and the opposite leg. Hold 3 seconds. Repeat with the opposite arm and leg. Repeat five times each side.

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OF YOUR  
**EQUIPMENT**