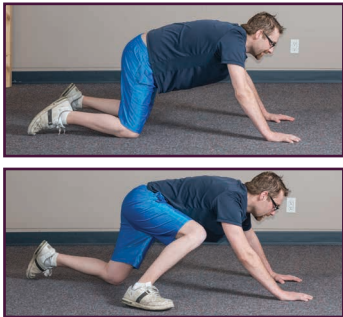


PHYSICAL ACTIVITY

15-MINUTE PARTNER TRAINING CIRCUIT

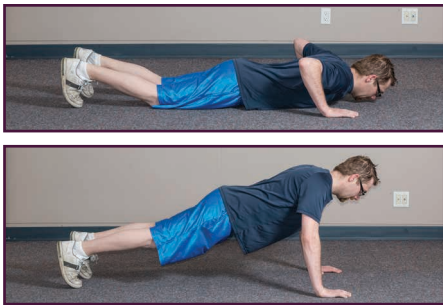


Warmup

Mountain Climbers – begin with hands and feet on the floor and alternate leg forward and to the side just like ‘climbing the mountain. Both partners complete 30 - 45 seconds then begin the strength program.

- This circuit can be done alone or with a partner to add motivation and challenge.
- Complete each exercise 10 times with 15 seconds rest between each exercise.
- At the end of each circuit take a 30 second rest before beginning again.
- Partners can do the same exercises or alternate each time through the circuit.
- 2-3 times through the program based on time and fitness level.

1A. Push-up



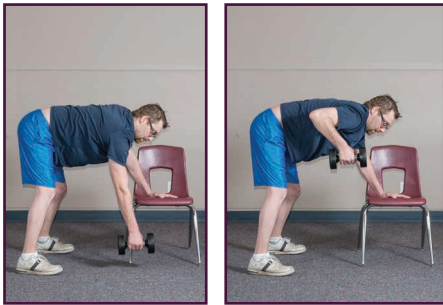
Begin on the floor in a push-up position with hands shoulder width apart and feet together. Extend the arms and keep the body straight, return to the floor and repeat. For variety use a stable chair for support or push-up from the knees instead of the toes. Complete 10 repetitions.

1B. Body Weight Squat



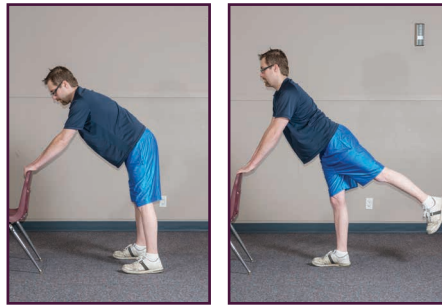
From an upright position with feet shoulder width apart, sit down into a squat position with thighs parallel to the floor. Return to the upright position and repeat. Do not round the back or let the knees come in front of the toes. For variety, hold a dumbbell in each hand, or squat to a chair for support. Complete 10 repetitions.

2A. Supported Single – Arm Bent-Over Row



Begin with one arm supported on a chair, bench or bed and the dumbbell held in the other arm. Start with the dumbbell arm fully extended and bring it back up to the body. Squeeze the shoulder blades together during this action. Complete 10 repetitions for each arm.

2B. Standing Leg Extension



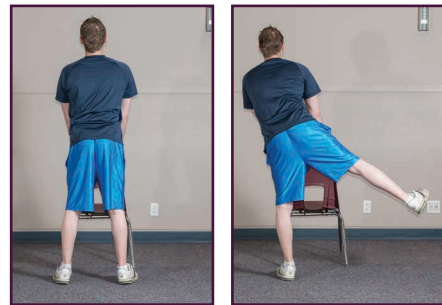
Place both hands on a stable chair and stand in an upright position. Extend one leg fully to the back – hold for 2 seconds and return to the upright position. Repeat 10 times for each leg.

3A. Standing Arm Curl



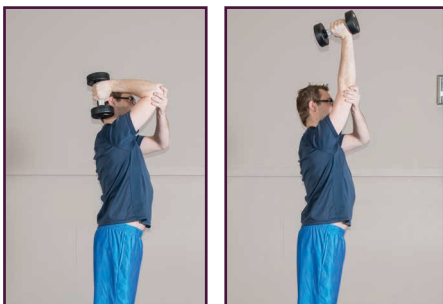
Begin with a dumbbell in both hands and in a standing position. Bring one arm up into a full curl and return - immediately bring up the other arm into a full curl. For variety perform this exercise while sitting on a stable chair or both arm curls at the same time. Complete 10 curls for each arm.

3B. Supported Standing Lateral Leg Raise



Stand in an upright position with both hands supported on stable chair. Move one leg to the side as far as comfortable and then return to upright position. Alternate legs and complete 10 repetitions to each leg. Keep the body straight during the movement.

4A. Overhead Elbow Extension



Begin in a standing upright position, place the dumbbell in one hand, elbow high and behind the head. Extend the arm overhead. Bend the elbow and lower the dumbbell down behind the head. Complete 10 repetitions for each arm.

4B. Supported Standing Heel Raise



Begin standing in an upright position with hands supported on a stable chair. Raise the heels off the floor as far as possible and hold 2 seconds. For greater challenge alternate legs or start with the toes on a step or elevated surface. Complete a total of 10 repetitions for each leg (together or independently).

5A. Standing Shoulder Press



Start in a standing position or sitting on a chair. The dumbbell is held on the shoulder, elbow out at 45 degrees and the body is straight. Extend the dumbbell to the ceiling and back. Alternate arms. Complete 8 repetitions for each arm.

5B. Interval Side Plank



Lay on your side on the floor. With weight supported on one elbow and feet, raise up to the side plank position and hold for 3-5 seconds. Return to the floor and repeat. Complete 5 times on each side.

Alternate circuits each time: do circuit A the first time through, and circuit B the second time.

Fitness Model – Jordan Luke
Program Design – Bill Luke PhD., CSCS

TAKE CARE
OF YOUR
EQUIPMENT