



Rainy Day – Dynamic Strength Training 30 Minute Circuit

For this circuit, it is important that you read this over once before starting and practice each exercise to understand the movements. Do not stop moving physically for the entire circuit. You do not need any strength equipment other than a few props.

Warm-up Activity – 2 minutes

The circuit begins with a warm-up exercise of your choice. The goal at the end of the two minutes is to have your muscles warm and your heart rate up. Exercises to choose from are running on the spot, marching, skipping, or hopping on the spot.

Narrow Pushup – 1 minute

(Chest, Shoulder, & Tri-ceps)

Take a normal pushup position stance but move your hands close together so that your thumbs and index fingers touch. The space between your hands should form a diamond. This variation of the normal push-up, gives a better workout to your tri-ceps which are used when holding off opponents. Complete as many pushups as possible in one minute. If you feel any pain, move your hands 6 inches apart.

Door Squat – 2 minutes

(Hamstrings, Quadriceps, & Glutes)

Loop a towel around each handle of an opened sturdy door or another sturdy object. Hold the ends of the towel in your hands. Stand with your arms fully extended in front of you and your feet shoulder-width apart. Keeping your back straight, squat until the tips of your thighs are parallel to the floor. Be sure to keep your weight firmly over your heels. Now rise to the standing position. That equals one repetition. Do a total of 20 reps, then spread your feet slightly wider than shoulder-width, turning your feet so that they slightly away from each other. Now do 20 more reps.

Chair Dip – 1 minute

(Tri-ceps)

Sit on the end of a sturdy chair with your hands under buttocks, fingers pointing forward. Keeping your hands firmly on the seat, carefully slide your feet out until you are off the chair. Your arms should be straight, elbows unlocked. Slowly lower yourself as far as you can, then push yourself back up until your arms are straight again, elbows still unlocked. Do as many repetitions as possible.

Running in place, skipping, or jumping backs

Run or skip in place for one minute, immediately following, do 50 jumping jacks and then move into the next exercise.

Reverse Lunge – 2 Minutes

(Quadriceps, Glutes, & Hamstrings)

Standing up straight with your hands on your hips. Keep your right leg straight and slide your right foot as far back as you can, lowering your right knee until it nearly touches the floor. Your left knee should automatically bend to a 90 degree angle. Lift yourself back into the starting position, tightening your buttocks muscles as you move. Repeat 10-15 times with your right leg, then switch to work your left leg.



One legged Calf Raise – 2 Minutes

(Calves)

Stand with your left forefoot on the edge of a step so that your left heel hangs off the edge. Wrap your right foot around your left ankle and grab a railing or wall for balance. Rise onto your toes, then slowly lower yourself until your heel falls slightly below the step. Repeat 12-20 times, then switch positions to work the right leg.

Lateral Raise – 2 Minutes

(Shoulders)

Stand straight with your arms at your sides and a heavy book (a dictionary, yellow pages) in your left hand. Slowly lift your left arm out of the side until it is parallel to the floor. Hold for a second, then slowly lower it back to your side. Repeat 12 -20 times, then switch sides.

Shoulder Circle – 1 Minute

(Shoulders)

Stand with your arms straight out from your sides, parallel to the floor. Slowly rotate both arms forward as you were drawing 6 inch diameter circles with your fingertips. Continue for 30 seconds, then draw backwards circles for 30 seconds.

Two Footed Jump – 30 Seconds

(Hamstrings, Quads, & Glutes)

Stand with your feet shoulder-width apart, arms at your sides. Bend your knees and squat low, then leap straight up, reaching toward the ceiling as if you were going up for a header. Land on the balls of your feet, squat, and jump again. Repeat 10 times with no rest between jumps.

Self-Resistance Curl – 1.5 Minutes

(Biceps)

Start with your right arm at your side, fist closed as if you were holding a dumbbell. Grasp your right wrist with your left hand and apply just enough pressure so that it is difficult (but not impossible) to bend your right arm. Curl your right arm up, fighting the resistance of your left hand. Do 12-20 reps, then switch positions to work the left arm.

Leg Lift – 3 Minutes

(Hamstrings & Glutes)

Get down on your hands and knees. Slowly extend your right leg behind you until it is straight and in line with your back. Now slowly lower your leg back into the starting position. Do 20 reps with each leg.

Standing Pushup – 1 Minute

(Chest, Triceps)

Stand facing a stable desk or table and place your hands flat against the edge. With your feet together, slide your legs away from the desk until your body is leaning at a 45 degree angle. From this position, do as many pushups as you can in one minute.

Stair Running – 3 Minutes

Is there a staircase handy, spend the next three minutes running up and down it (even if you're restricted to a single step or two). This aerobic exercise will keep your heart rate up. For a stair-free alternative, try skipping in place (with or without a jump rope – lift your feet just an inch or two and keep your hands by your sides as if you were holding a jump rope).



Crunch – 3 minutes

(Abdominals)

Start with a basic crunch to work the upper abs. Lie on your back, bent knees, feet flat on the floor, arms slightly touching the back of your head, elbows out. Keeping your lower back pressed to the floor, slowly curl your head and shoulders up, then lower yourself. Do as many reps as you can in 1 minute. Next add a twist to work the oblique muscles: As you lift, twist your left shoulder to your right knee. Then twist to the left, drawing your right shoulder toward your left knee. Alternate from side to side for as many reps as you can in 1 minute. Finish by working the lower abs with a reverse crunch; with your head and shoulder slightly raised, slowly lift your legs and pelvis so that your knees curl toward your chest. Lower again and repeat for one minute.

Cool Down – 2 Minutes

Cooling down and stretching can prevent soreness, which will give you one less reason not to get up and do it all over again tomorrow. Take two minutes to walk until your heart rate slows and your breathing returns to normal. If you have a few minutes to spare, spend it doing a few gentle stretches.