

Titan Workouts!

Body Weight Circuit

- Recommendations for strengthening 2-3 days per week
- Do each exercise for 30 seconds of work and then rest for 15 seconds
- Repeat circuit twice for a 15 minute warmup
- Don't forget to add a warm-up before and flexibility afterwards

Exercise	Target of Exercise	Description	Modifications
Squats*	Legs	Keep heels on ground. Pretend like you are sitting in a chair and keep chest upright and eyes forward	Lower intensity: Find a bench to sit back on Higher intensity: Add a jump
Push-ups	Arms/Chest	Place hands on ground about shoulder width apart and push up	Lower intensity: Place hands on wall or knees on ground
Lunges	Legs	Begin standing and take a step back. Lower yourself straight down until you reach a 90 degree angle. Be sure to do both sides.	Lower intensity: Lower yourself down less than 90 degrees
Plank	Abdomen	Place forearms on ground and extend legs so you are on your toes. Keep your body in a straight line.	Lower intensity: Come down onto your knees and hold
Arm circles	Arms/Shoulders	Stand straight and have both arms out to the side at shoulder height. Keep your arms up and make small circles forwards or backwards.	Higher intensity: march in place or stand on one foot
Jumping jacks	Whole body	Start with feet close to body and jump outwards. Raise arms above head at same time.	Lower intensity: Extend one leg to side at a time Higher intensity: speed it up or add a squat

*If you have trouble with squats, consider switching to Monster Walks (from Lower-Body video)