

Week 3 TNT - Jan. 24 - 30

Read this article: The Benefits of Circuit Training

https://www.sparkpeople.com/resource/fitness_articles.asp?id=267_5 points for reading.

It is important to do a warm up at the start of the session and a cool down at the end of the session.

For this throwdown we will perform a set number of reps with a 30 second rest between exercises and a 60 second rest between circuits. If you need to rest longer please do so.

30 Jumping Jacks: (Or other cardio)... rest 30 seconds

15 Push-ups: (Or do any type of modified push-up) ... rest 30 seconds

15 Sit-Ups: (Or Crunches, Russian twists, 30 second minute plank, something core) ... rest 30

seconds

30 Knee Lifts: (Bring hands from overhead to alternating knees) ... rest 30 seconds

15 Squats: (Or modified squats, stationary lunges) ... rest 30 seconds

15 Bridges: (Or lying hamstring curls) ... rest 30 seconds

15 Bent over Dumbbell Rows: (Or seated rows or reverse flys)

REST: 1 minute Give yourself 10 points each time you complete one full set.

REPEAT 2Xs or more No limit.

OR - Give yourself 10 points for completing this video workout.

Bonus:

Total Body in 10 - Full Length 10-Minute Total Body Workout

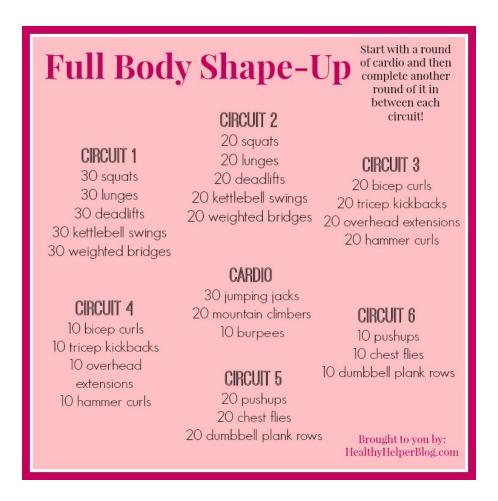
Great Beginner Circuit Training

And/Or Give yourself 15 points for completing this video workout.

Advanced Bonus:

Bodyweight Exercise - You Are Your Own Gym Novice 12 minutes http://www.youtube.com/watch?v=wF5-uMJD8uw

OR - make your own Circuit Workout Give yourself 10 points for every 10 minutes of exercise.



Points are unlimited for the TNT challenge.