
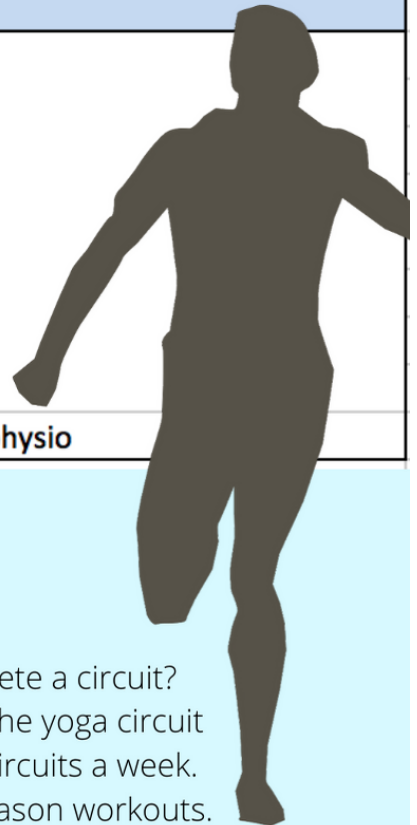


In Home Circuits

All workouts will take around 25 minutes. Minimal equipment and space needed.

For all circuits: 30 seconds for each rep, 10 seconds rest between reps, 30 seconds rest between sets, complete 5 sets of a circuit. Mix circuits throughout the week. No rest breaks needed for yoga circuit.

Sprinter's Cardio Circuit A	Sprinter's Cardio Circuit B	Sprinter's Cardio Circuit C
High Knees	Burpees	A Skips in place
BW Squats	Down Dog push ups	Elevated Bridges
High Knees	Mountain Climbers	SL Lunge Jump
Pushups	SL Bridge	Tricep Dips
High Knees	Burpees	SL Lunge Jump (opp leg)
Front Plank	SL Bridge (opp leg)	Spider Planks
High Knees	Moutain Climbers	A Skips in place
Core(ona) Circuit	Jumper's Circuit	High Jumper's Circuit
Bear Crawl Shoulder Taps	SL Hop in place	SL Lunge jump
SL Side Bridge	RFE Split squats	Bridge Push ups
Plank Ups	2nd phase jump in place	SL Lunge Jump (opp leg)
SL Side Bridge (opp leg)	RFE Split squats (opp leg)	Lateral Lunges
Bear Crawl Donkey Kicks	SL Hop (opp leg)	SL Ankle Hops
Bridge Hamstring Slide Outs	DL Calf Raises	Bridge Push ups
Bear Crawl Fire Hydrants	2nd phase jump in place	SL Ankle Hops (opp leg)
Yoga Circuit		
Downward Dog		
Pigeon Stretch		
Hip Flexor Stretch		
Hamstring Stretch		
Downward Dog		
Pigeon Stretch (opp leg)		
Hip Flexor Stretch (opp leg)	Created by: IG: @trackandfield.physio	
Hamstring Stretch		



FAQ's

As a jumper should I do the sprinter's circuits?

- Yes, all jumpers are sprinters on the runway

As a sprinter should I do the jumper's circuits?

- Sprinting is like a series of single leg bounds, just very quickly so yes it would be beneficial

How often should I complete a circuit?

- One a day is great, with the yoga circuit done once a week. 5-6 circuits a week. These are similar to offseason workouts.