

Freeman Cross Country

University of Hawaii Brazilian circuit #1

1. High Knees - slow

*Jog 100meters

2. High Knees w/ extensions – Can walk at first. Knee up then extension...like hurdles

*jog 100 meters

3. Full sit ups with a twist – twist at top

*Jog 100 meters

4. Butt kicks

*Jog 100 meters

5. Pushups

*Jog 100 meters

6. Squat Jumps

*jog 100 meters

7. Jumping Jacks

*Jog 100 meters

8. Bicycles

*Jog100 meters

9. Mountain Climbers – push up position...climb

*Jog 100 meters

10. In Place Lunges

*jog 100 meters

11. butterflies – situps in butterfly leg position

(3-4 minutes rest between sets)

3 sets (start with 2 sets)