

Freeman Cross Country

University of Hawaii Brazilian circuit #2

1. Skip High Knee 50 meters
*25 standard situps

2. Backward running 50 meters
*25 side situps left

3. Butt kicks – 50 meters
*25 push ups

4. Karoke – 50 meters

*25 mountain climbers

5. 50 meters side swings (1 side)

*25 bicycles

6. 50 meters side swings (other side)

*25 pushups twist

7. Lunges 25 meters

*25 butterfly situps

8. Frog jumps - 10

*25 pushups

9. Bounding

*25 mountain climbers

10. High knees

*25 standard situps

3 sets (start with 2 sets)