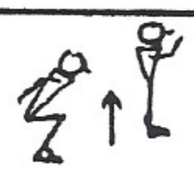
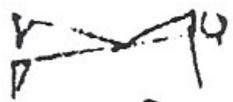
# *MONSTER CIRCUIT* (modified for backs)

1) 1/2 Squat Jumps x 10 
+ Full Sit-up rotations x 10
+ One Leg Glute Bridge x 10 each

60 meters RUN (70-80 %)

2) + One Leg Squat x 10 each
+ Push-ups x 10

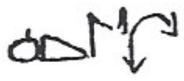
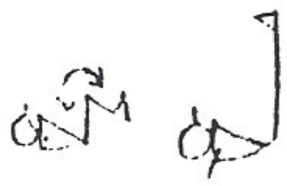
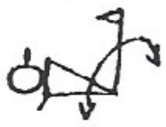
60 meter Run Backwards

3) +Push-up Bridge Leg Lifts x 10 each 
+ Side Bridge Leg Lifts x 10 each
+Reverse Bridge Leg Lifts x 10 each

60 meters Run (70-80%)

4) + Bentover One leg Squat x 10 each
+ Push-up Knee Drives x 10 each

60 meters Run Backwards

5) +Bent Knee Twists x 10 each side 
+ Bent Knee Twist with extension x 10 (lt+rt+extend=1) 
+Windshield Wipers x 10 each side 

60 meters Low side Lunge Walk

6) + L sit-up hold x 10
+ One Leg L sit-up hold x 10 each

60 meters Low side Lunge Walk

7) + Upper Back Extensions (airplane) x10
+ Lower Back Extension x10
+ Fuji Back Extension x 10

Run 60 meters down and 60 meters back (70-80%)

#1,3,5,7 ❑--->>----------->>--->

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60 meters

25 exercises

10 reps each exercise (/ side)

Continuous movement with control...Stabilize all exercises