

All Exercise Links for the Three Floor Circuits

<https://vimeo.com/1138268946/56e304a032?share=copy&fl=sv&fe=ci>

Circuit One:

This circuit focuses on LEAPS, Splits and Endurance

You Need:

Panel Mats

Dumbbells or kettle bells

Battle Rope.

Directions: Complete the recommended amount of reps then move to the next station:

- 1) Leaps Up 3 each side
- 2) Weighted Split Jumps 10 each side
- 3) Split Leap Passes (2)
- 4) Rope Slam Jump Lunges 30 total

Circuit Two:

This circuit focuses on leaps, turns and leg endurance!

You Need:

Spotting Blocks

Wall

Directions: Complete the recommend amount of reps then move to the next station:

- 1) Leap Passes 2
- 2) Turns (5)
- 3) Box Jumps 10
- 4) Twisting Rockers 30
- 5) Wall Sit 60 seconds

Circuit Three:

This circuit focuses on endurance for strong floor routines, keep moving.

Directions: Time each station, 50 seconds, 10 minute rest and rotate between them.

You Need:

Spotting Blocks

Sliders

Battle Rope

Tumble Track

- 1) Box Lunges
- 2) Weighted Jump Lunges
- 3) Slider Elbow Pushups
- 4) Rope Swimmers
- 5) Straddle Jumps Tumble Track



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