

## City of Coquitlam

### Home Workout Volume 3: Circuit Training

Focus: Circuit Training – 4 sets of full circuit, 15 to 20 repetitions per station

#### Exercise 1: Step Touch



**Step 1**

Stand with both feet together. Lift your left heel so that only your toes are touching the floor.



**Step 2**

Take a big lateral step to your left. As you are stepping to your left, lift both arms laterally at the same time.



**Step 3**

Place your left foot firmly on the floor and bring your right leg over. Touch your right foot toes to the floor, then step back to your right and end up where you started. Repeat for 1 minute.

## Exercise 2: Wall Push-ups



### Step 1

Place your hands on the wall shoulder-width apart. Start with a slight bend in your elbows and a straight line through your torso. Remember to flex that core!



### Step 2

Lower your body until your elbows are at 90 degrees, then push yourself back up. The further your feet are from the wall, the harder it will be. Inhale going down, exhale going up.

### Exercise 3: Plié Squats



#### Step 1

Stand tall with your feet slightly wider than shoulder-width apart at a 45-degree angle. Start with a slight bend in the knees.

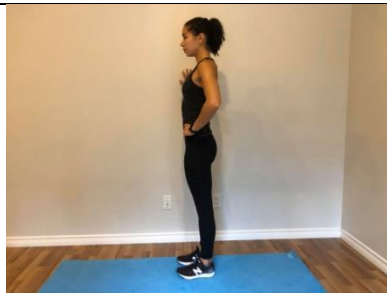


#### Step 2

Squat down until your knees are at a 90-degree angle. Place your hands on your hips or hold them straight out in front of you. Inhale while squatting down; exhale as you return to standing.

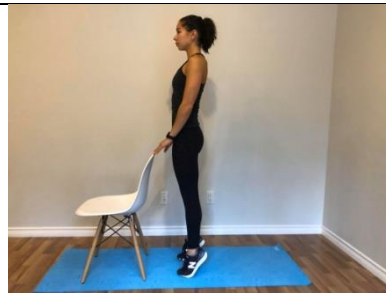
*Note: Chair is optional for balance*

## Exercise 4: Calf Raises



### Level 1: Step 1

Stands tall with your feet hip-width apart. Keep a slight bend in your knees.



### Level 1: Step 2

Slowly lift your heels as high as you can off the floor until all of your weight is on your toes, then return your heels to the floor. Exhale going up, inhale coming down.



### Level 2: Step 1

Stand tall on one foot with a slight bend in your planted knee.



### Level 2: Step 2

Slowly lift your heel off the floor as high as you can, then return your heel to the floor. Stay slow and controlled to keep your balance. Don't forget to do both sides!

*Note: Chair/wall is optional for balance*

## Exercise 5: Mountain Climbers



### Level 1: Step 1

Set-up like you are doing a plank. Hands on the chair, feet on the floor, straight line in the torso. Flex your core and glutes. Slight bend in the elbows.



### Level 1: Step 2

Drive one leg forward until your knee is at 90 degrees – don't touch your foot to the floor. Return your foot back to starting position and then do the same on the other side. Repeat for 30 – 60 seconds.



### Level 2: Step 1

Set-up like you are doing a plank. Hands and feet on the floor, straight line in the torso. Flex your core and glutes. Slight bend in the elbows.



### Level 2: Step 2

Drive one leg forward until your knee is at 90 degrees – don't touch your foot to the floor. Return your foot back to starting position and then do the same on the other side. Repeat for 30 – 60 seconds.