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## Total Body Conditioning Circuit

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Choose one resistance exercise per body part. Anything you like!

For Example

- Dumbbell squats
- Resistance Band Biceps Curls
- Fitball Hamstring Curls
- Dumbbell overhead triceps press
- Push ups
- Dumbbell Rows
- Medicine Ball Russian Twists
- Dumbbell Shoulder Press

Organise the resistance stations in a line, and about 20m to 30m out from the stations put a witches hat. (See below)

### Witches Hat

Squats Biceps Curl Hamstring Curl Triceps Press Push ups Rows Twists Shoulder Press

- Place participants on a station each
- Each participant completes a minute of the exercise station that they are at.
- At the end of the minute the participants sprint to the cone and back twice.
- Participants then complete another minute at the **same** station.
- At the end of the minute the participants sprint to the cone and back twice.
- Participants then move onto the next station.
- Repeat until all stations are completed by the participants.

Groups have a blast with this.

Belinda. [www.insideoutfitness.com](http://www.insideoutfitness.com)