



JULY WORKOUT OF THE MONTH

“COKER”

13 Station circuit training

Warm-up 5-10 minutes

1. **Jumping jacks**
2. **Push-ups**
3. **Squat jumps**
4. **Plank running** (Start in a push up position, alternate pulling knee to chest)
5. **Reverse alternating lunge with front kick** (Step back with your right leg, landing on the ball of the foot, bend both knees to lower yourself to the floor. As you come up, kick forward with the right leg. Repeat with the opposite leg)
6. **Walking planks** (Get into a push-up position, legs should be straight behind you and you are resting on your forearms. Move your right arm so you move into a push up position with your weight being supported by your hand. Then move your left arm into the same position so you are now in the push up position. Bring your right forearm down to the original plank position, and repeat with the left arm)
7. **Sumo squats** with alternating lateral leg lifts (Stand tall with feet slightly wider than the shoulders and toes pointed out, squat deep keeping pelvis tucked, as you come out of the squat lift right leg kicking out to the side, go back into a squat position and repeat with the left leg)
8. **Plank jacks** (Hold body in a static pushup position, jump slightly with your toes and spread your legs out. Then jump slightly with your toes back together, hands will remain in contact with the floor for duration of the exercise)
9. **Squat with kettle bell swing** (Complete only if you are familiar with kettle bells)
10. **Plank twist** (Hold body in a push up position, rotate opposite knee to opposite elbow)
11. **Split squats** (While in standing position, jump into a split leg position with one leg forward and one leg back, flexing the knees and lowering your hips slightly. As you descend, immediately reverse direction standing back up and jumping, reversing the position of your legs)
12. **Tricep push-ups** (Get in plank position with your hands shoulder width apart. Lower your chest toward the floor while keeping your upper arms parallel to your sides and your elbows pointing straight back. Push back up to start, and repeat)
13. **High knees** (In place)

Cool down / stretch 5 minutes