

# Brookwood Track & Field Strength Circuit

## CIRCUIT 1

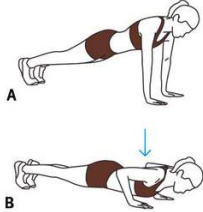

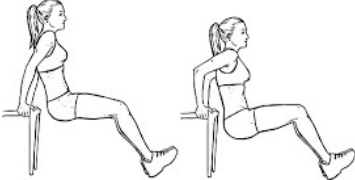



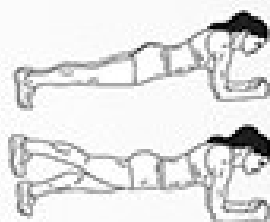





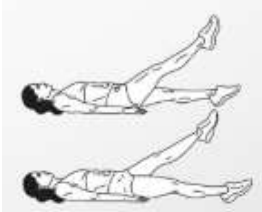
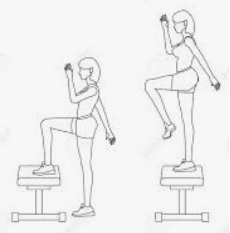
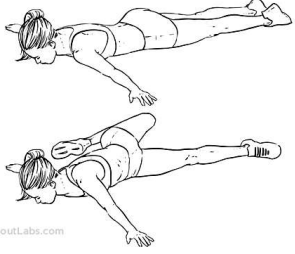

\*\*Warm up before attempting this circuit. Jog ½ mile in 3-6 mins depending on ability\*\*

**Level 1 = 3 Sets**

**Level 2 = 5 Sets**

**Level 3 = 7 Sets**

(30 secs rest between each exercise – 3 mins rest between each set)

Push-Ups (15 reps)	Squats (20 reps)	Tricep Dips (15 reps)	Back Extensions (20 reps)
1 	2 	3 	4 
5 	6 	7 	8 
9 	10 	11 	12 
13 	14 	15 	16 

# Brookwood Track & Field

## Strength Circuit

### CIRCUIT 2

\*\*Warm up before attempting this circuit. Jog ½ mile in 3-6 mins depending on ability\*\*

**Level 1 = 3 Sets**

**Level 2 = 5 Sets**

**Level 3 = 7 Sets**

(30 secs rest between each exercise – 3 mins rest between each set)

CIRCUIT 2			
Level 1 = 3 Sets	Level 2 = 5 Sets	Level 3 = 7 Sets	
(30 secs rest between each exercise – 3 mins rest between each set)			
<b>Push-Ups</b> (15 reps)	<b>Calf Raises</b> (15 str / 15 in / 15 out)	<b>Tricep Dips</b> (15 reps)	<b>Flying Splits</b> (50 reps)
1 	2 	3 	4 
<b>Planks</b> (hold for 45 secs)	<b>Jumping Jacks</b> (20 reps)	<b>Split Squats</b> (15 reps each leg)	<b>Reverse Crunch</b> (20 reps)
5 	6 	7 	8 
<b>Burpees</b> (15 reps)	<b>Plank Leg Raises</b> (25 reps each leg)	<b>Single Leg Squats</b> (15 each leg)	<b>Single Leg Glute Bridges</b> (15 reps each leg)
9 	10 	11 	12 
<b>Single Leg Hops</b> (10 reps each leg)	<b>Fire Hydrants</b> (20 reps each leg)	<b>Scorpions</b> (10 reps each leg)	<b>Iron Crosses</b> (10 reps each leg)
13 	14 	15 	16 