



# HERND CIRCUIT

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# Athlete Goal Summary

- Gymnast
  - Improve overall coordination and balance to score higher on floor routines (athletic goal)
  - Improve upper body and core muscular strength and endurance (fitness goal)



# Definitions

- Coordination: the ability to use different parts of the body together smoothly and efficiently
- Balance: even distribution of weight that allows something to remain upright and steady
- Muscular strength: amount of force a muscle can produce in a single maximal effort
- Endurance: ability to exercise continuously for extended periods without tiring

**Goal #1** - Improve my overall coordination and balance in order to score higher on my floor routines

- Key muscle groups (core) - transverse abdominis, multifidus muscle, external & internal obliques, rectus abdominis & erector spinae
- Equipment - bosu balls
- Exercises - push-ups, crunches, planks, squats, lunges, step-ups, standing rows & shoulder presses

## Goal #2 - Improve my upper body and core muscular strength and endurance

- Key muscle groups - deltoids, pectorals, trapezius, biceps, triceps, latissimus dorsi, abdominals & core muscles (stated on previous slide)
- Equipment - dumbbells, kettlebells, barbells, yoga balls & med balls
- Exercises - chest press, bench dips, push-ups, bicep curls, sit-ups, planks, etc.

# How our circuit meets athletes goals

Our circuit meets our athlete's goals by including a variety of exercises that trains balance (bosu balls/yoga balls), core and upper body strength as well as endurance.

# AMRAP Circuit Format

This circuit format is AMRAP, or “as many rounds as possible”. The circuit will contain seven exercises with a set amount of reps each. After completing the certain amount of reps at one station, move on to the next. Try to complete as many rounds of the circuit as possible in 15 minutes.

Since there will be exercises that require two people, find a partner to do the circuit with.

# Warmups

1. Jumping Jacks (shoulders, core & legs, gets blood flowing to major muscle groups)
2. Grapevine (lower body)
3. Lunge Pulses (lower body)
4. Burpees (whole body)
5. T-Push-Ups (upper body + core)
6. V Ups (core)
7. Scissors (core)
8. T-Arm Holds/Circles/Pulses

# Exercise #1: Battle Ropes

## (30 reps)

### Progression:

Instead of alternating your arms, raise both arms and slam the rope into the ground at the same time.

(20 reps)



Hold one rope in each hand shoulder-width apart. Stand with your knees bent and alternate raising and lowering each arm. Slam the rope into the ground to create waves.



### Modification:

Reduce the size of the waves you are creating. (30 reps)



# Exercise #1: Battle Ropes

- Key muscle groups: chest, shoulders, biceps, triceps, forearms, abs & glutes
- Fitness components: muscular endurance, muscular strength
- Skill component: power

# Exercise #2: Bosu Ball Squats (20 reps)

## Progression:

Use a red bosu ball and do one legged squats.  
(20 reps, 10 on each leg)



Take a blue bosu ball and flip it upside down so that the flat side is facing up. Balance on top of the bosu ball with your feet shoulder-width apart, feet slightly turned out. Keeping your weight over your heels, do squats on top of the ball.

## Modification:

Use the red bosu balls and do normal squats.  
(20 reps)



## **Exercise #2: Bosu Ball Squats**

- Key muscle groups: quads, glutes, hamstrings
- Fitness component: muscular endurance
- Skill component: balance

# Exercise #3: Plank/Side Jumps (20 jumps)

Progression:

Person can do tuck jumps instead of a stretch jump over person/planking person can alternate lifting legs doing 20 pulses



One person will be on the ground holding a low plank. The other person will be jumping (feet together) over the legs of the person holding the plank.



Modification:

Can step over person or can jump behind / planking person can hold a knee plank



## Exercise #3: Plank/Side Jumps

- Key muscle groups:
  - Planks: abs, glutes, abductor muscles, obliques, quads & hamstrings
  - Side jumps: quads, hamstrings, hip flexors & calves
- Fitness component: muscular endurance
- Skill components:
  - Plank: balance
  - Side jumps: agility

# Exercise #4: Yoga Ball Tuck Ins (20 reps)

Progression:  
After the tuck in, do a  
push up. (15 reps)



Get in a high plank position with your feet on the yoga ball. Bring your knees in so that you are in a tuck position, then extend them back out so that you return to the high plank.

Modification:  
Just hold a plank with your legs on the yoga ball. (We'll count to 30)



## Exercise #4: Yoga Ball Tuck Ins

- Key muscle groups: abs
- Fitness component: muscular endurance
- Skill component: balance

# Exercise #5: Plank Side Steps (15 reps)

Progression:  
Instead of stepping to change sides, jump from push-up to push-up. (10 reps)



Begin on the left of the aerobic step in a high plank. Place your right hand on top of the aerobic step and your left hand on the ground. Do a push-up. When coming back up, push off the ground and change sides and hands so that you are now in a plank position on the right side of the aerobic step with your left hand on it and your right hand on the ground.

Modification:  
Don't do the push up and just do the steps. (20 reps)



## Exercise #5: Plank Side Hops

- Key muscle groups: pecs, deltoids & abs
- Fitness component: muscular strength, muscular endurance
- Skill component: power

# Exercise #6: Shuttle Runs (2 rounds)

The Shuttle Runs will have the athlete running between two lines that are around 18 meters apart.. Starting from one line, there are going to be four different exercises that the athlete will go through to get to the second line. After each exercise the athlete will run back to the first line.

## Exercises:

1. Bear Crawls
2. Inchworms w/ Push-ups
3. Crab Walks
4. Lunge Walks w/ Dumbbells

## Modification:

1. Bear Crawls
2. Inchworms
3. Crab Walks
4. Lunge Walks

## Progression:

1. Bear Crawls
2. Plank Side-Steps w/ Push-ups
3. Break Dance Kicks backwards
4. Lunge Hops

	exercise	progression	modification
Bear Crawls		Same as exercise	Same as exercise
Inchworms w/ push ups			
Crab walks			Same as exercise
Lunge walks w/ dumbbells			

## Exercise #6: Shuttle Runs

- Key muscle groups: abs, quads, hamstrings, gastrocnemius & hip muscles
- Fitness component: muscular endurance, cardiovascular fitness
- Skill component: agility, coordination & speed

# Exercise #7: Med Ball Sit-ups (20 reps)

Progression:  
Use heavier med balls.  
(12 reps)



With a partner, lie down with your knees bent and feet interlocked. One person will start with the med ball. Do a sit-up at the same time as your partner and pass the med ball to your partner. As you lie down, bring the med ball behind your head and touch the ground with the ball. Repeat these steps.

Modification:  
Don't use a med ball and just high five your partner when you sit up. (20 reps)



## Exercise #7: Med Ball Sit-ups

- Key muscle groups: rectus abdominis, obliques, tensor fasciae latae, iliopsoas, rectus femoris, tibialis anterior, biceps and triceps
- Fitness component: muscular strength, muscular endurance
- Skill component: balance, coordination

# Cool down stretches

1. Arms - cross body and behind head
2. Center lunge
3. Side lunge (grab back leg)
4. Pike
5. Seal stretch
6. Cat stretch
7. Wrists

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