



Work Capacity Circuits

Day 1: Body Weight Circuit

2-3 kids at each station. Everyone does "1" first, then moves into their station. 30s to complete reps, 15s to change stations.

	Week 1	Week 2	Week 3
1) Split Squat Switch: 5/side (Lunge to Vertical Jump)	3x	4x	3x
2) Push-Up Rotation: 5/side (Push-Up Position)	3x	4x	3x
3) SB Stir the Pot: 5/side (SB Front Plank for 20s)	3x	4x	3x
4) Alt. Lateral Lunge: 8/side (Alt. Lateral Squat)	3x	4x	3x
5) Suspended Row: 8 (Knees Bent Suspended Row)	3x	4x	3x
6) Feet Elevated Push-Up Position Plank w/ Alt Knee Drive: 8/side (March)	3x	4x	3x
7) Slideboard Hamstring Curl: 8	3x	4x	3x
8) 1-Leg Glute Bridge w/ Hip Abduction: 8/side (1-Leg Glute Bridge)	3x	4x	3x
9) Burpees: 8	3x	4x	3x

Day 2: Plate Circuit

Split group into two. One group goes while other rests. Time each set for each group and try to beat it each week.

	Week 1	Week 2	Week 3
1) Squat Jump (No Plate): 5	3-4x	4-5x	3-4x
2) Weighted Push-Up: 8 (Incline Push-Up)	3-4x	4-5x	3-4x
3) Plank Rotation (No Plate): 5/side (Side Plank for 20s/side)	3-4x	4-5x	3-4x
4) Plate Overhead Reverse Lunge: 8/side (Plate at Chest)	3-4x	4-5x	3-4x
5) 1-Arm Plate Row: 8/side	3-4x	4-5x	3-4x
6) Straight Leg Sit-Up: 8 (Straight-Leg Chin Tuck into Crunch)	3-4x	4-5x	3-4x
7) Squat to Rotational Plate Press: 8/side (Squat to Press)	3-4x	4-5x	3-4x
8) 1-Leg 1-Arm SLDL: 8/side (Inverted Reach)	3-4x	4-5x	3-4x
9) Tall Kneeling Car Drivers: 30s	3-4x	4-5x	3-4x

Landmine Circuit

5 stations, 3-4 per group, rotating through each exercise.

	Week 1	Week 2	Week 3
1) Reverse Lunge: 8/side	3-4x	4-5x	3-4x
2) Standing Rotation: 8/side	3-4x	4-5x	3-4x
3) Squat to Press: 8/side	3-4x	4-5x	3-4x
4) Lateral Squat: 8/side	3-4x	4-5x	3-4x
5) 1-Arm Row: 8/side	3-4x	4-5x	3-4x
6) 1-Leg SLDL: 8/side	3-4x	4-5x	3-4x
7) Tall Kneeling 1-Arm Press: 8/side	3-4x	4-5x	3-4x
8) Slideboard Bodysaw: 8	3-4x	4-5x	3-4x