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Training Top Tips - Endurance Circuit Training One

Training Top Tips

Decline press-ups (feet on bench)
Incline press-ups (hands on bench)
Hand step-ups
Triceps

1

Med ball sit-ups
Alt 'V' sit-ups
Alt sit-ups
Med ball cross overs

2

Toe touches
Legs drives hops
Step-ups
Side jumps

3

Alt Squat thrusts
Box jumps
Skipping two feet
Skipping one foot

6

Sit-ups
Crunchies
Ball twists
Half sit-ups

5

Shoulder press (each shoulder)
Chess press
Med ball press
Figure of 8

4

Press-ups
Running arms
Shoulder press
Bicep curls

7

Dorsal raises
Side crunchies
High leg crunchies
Side bends

8

Burpees
Star jumps
Split star jumps
Lungs

9