

ABC JUNIORS – TRIATHLON CIRCUITS

1. Alternate Squat Thrusts

Alternate leg squat thrusts.
Ensure legs are fully extended at the rear and that the knees come up to the chest at the front.

Continue non-stop for 1 min.



**AFTER 1 MIN EFFORT TAKE 30s REST and MOVE TO THE NEXT EXERCISE,
UNDERSTAND THE ACTIVITY AND START WHEN INSTRUCTED**

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2. Glute Bridge

Lie flat on your back with one leg raised, place right leg onto left knee and then raise backside off mat to align chest, backside and quad.

Complete 5 and swap legs.

Repeat until 1 min has lapsed.



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3. Burpees

Start in the squat thrust position, complete a double leg squat thrust and then complete a jumping jack (star jump)

Return to the squat thrust position and repeat.

Continue for 1 min.



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4. Tuck Jumps

Crouch over the bench as shown in picture 1 with hands on bench.

Jump explosively up onto the bench landing both feet together in the fully upright position and then reverse.

Continue for 1 min.



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5. Forward and Backward Lunge

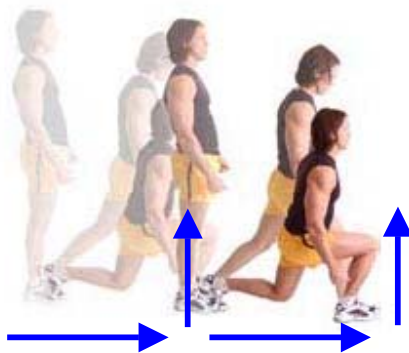
From the up-right position lunge forward with right leg and return to the upright position where your right foot lands.

Move forward again with a left foot lunge and return to the up-right position where the left foot lands.

Complete the exercise in reverse by stepping back with the right foot, to upright and back with the left foot to up-right.

This works out at 2 lunges forward 2 lunges backwards.

Repeat the exercise for 1 min



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6. Tricep Dips

Position your self on the edge of the bench as shown in picture 1 with palms on the bench. Lower yourself using tricep muscles.

Continue for 1 min.



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7. Alternate Superman Stretches

From the 'all fours' position reach out with the left arm and push back with the right leg.





Then alternate.

Continue in a controlled manner for 1 min.



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8. Press Up or Box Press Up	<p>Complete either standard press ups or box press ups from the knees.</p> <p>In both case keep back straight and lower till nose is almost on the floor</p> <p>Continue for 1 min – take a rest at halfway if required.</p>
Standard Press Up 	
Box Press Up 	
<p>AFTER 1 MIN EFFORT TAKE 30s REST and MOVE TO THE NEXT EXERCISE, UNDERSTAND THE ACTIVITY AND START WHEN INSTRUCTED</p>	

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9. Squat

Start in the up-right position with legs just over shoulder width apart.

Squat until quads are parallel with the floor, maintain a straight back, keep head up and look forward.

Continue for 1 min (use bar across shoulders if you wish).



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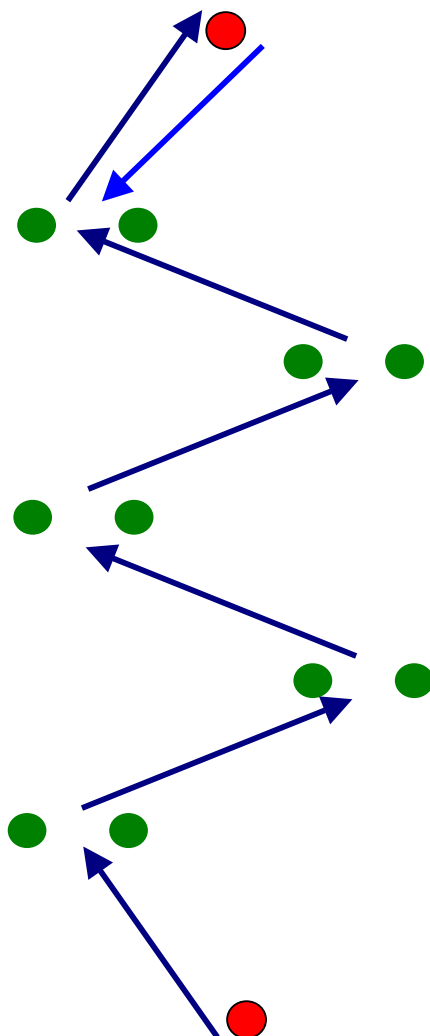
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10. Slalom Sprint

Start on the red cone, sprint through the 5 gates to the next red cone.

Go around the cone and repeat back to the start cone.

Continue for 1 min.



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