

Circle circuit 1

#	Exercise	Reps/Load	Link	Comment
1	Skater jumps to half single legged squat	45 seconds	https://youtube.com/shorts/oYkULpMBYD8?feature=share	DB can be held
2	DB glute bridge	45 seconds	https://youtube.com/shorts/xZaIxtH-KD-A?feature=share	
3	Forward lunge left leg	45 seconds	https://youtube.com/shorts/TUdYlv7EjPQ?feature=share	DBs can be used
4	Forward lunge right leg	45 seconds	https://youtube.com/shorts/TUdYlv7EjPQ?feature=share	DBs can be used
5	Side plank w/ hip dip left side	45 seconds	https://youtu.be/_apo5sJPrs8	
6	Side plank w/ hip dip right side	45 seconds	https://youtu.be/_apo5sJPrs8	
7	Loaded jumps w/ left foot on bench	45 seconds	https://youtube.com/shorts/eTBQVxijBK8?feature=share	Hold DB
8	Loaded jumps w/ right foot on bench	45 seconds	https://youtube.com/shorts/eTBQVxijBK8?feature=share	Hold DB
9	Bent over BB row	45 seconds	https://youtube.com/shorts/kac9qta2qc4?feature=share	

3 circles per training. Working duration is 45 seconds, then 45 seconds rest between exercises.
3 minutes rest between circles.