

Circle circuit 3

#	Exercise	Reps/Load	Link	Comment
1	Jumping lunges	45 seconds	https://www.youtube.com/watch?v=iJMsF7zrOM	Quick and explosive. Keep moving
2	DB glute bridge	45 seconds	https://www.youtube.com/shorts/xZaixH-KD-A	Quick and explosive
3	Skater squats to half single leg squat	45 seconds	https://youtube.com/shorts/oYkLLpMBYD8?feature=share	Jump as far as you can laterally
4	Side plank + rotations left side	45 seconds	https://youtu.be/h1T4rihQCUs	Tension in core
5	Side plank + rotations right side	45 seconds	https://youtu.be/h1T4rihQCUs	Tension in core
6	Lateral lunge w/ DB left leg	45 seconds	https://youtube.com/shorts/hup2YxeyRyQ?feature=share	Upper body upright
7	Lateral lunge w/ DB right leg	45 seconds	https://youtube.com/shorts/hup2YxeyRyQ?feature=share	Upper body upright
8	Half kneeling DB straight arm swings left leg	45 seconds	https://youtube.com/shorts/1q1PrT-wVSY?feature=share	Straight arms and tight core
9	Half kneeling DB straight arm swings right leg	45 seconds	https://youtube.com/shorts/1q1PrT-wVSY?feature=share	Straight arms and tight core

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