



CLC TIGER BOYS BASKETBALL

TENACITY. INTEGRITY. GANAS. EXECUTION. RESPECT. SOLIDARITY

Fitness Circuit

Jump Rope Forward for 2 Minutes

As you progress, you can do one leg at a time, but make sure you always use each leg equally.

Situps for 2 Minutes

As you progress, you can do different Abdominal exercises (crunchers, V-Sits, leg lifts, etc.)

Pushups for 2 Minutes

As you progress, you can use a chair or bench to change the angle of your pushups (incline, decline, etc.)

Walking Lunges for 2 Minutes

Drop your knee as close to the ground as you can without touching it.

Jump Rope Backward for 2 Minutes

As you progress, you can do one leg at a time, but make sure you always use each leg equally.

Rest for 1 Minute

Do this 3 times.