



Qmotion

QMOTION SPORT & FITNESS CENTRE HOME CIRCUITS

WARM UP

Before you begin make sure you perform a 5-10 minute warm up. In the warm up you are looking to pick exercises that will raise your body temperature and heart rate and activate key muscles and mobilise key joints. An example warm up circuit could involve Lunges, Squats, Leg Swings, Glute Bridges, Clam Shells and Planks. Perform each exercise with just your bodyweight for 20-30 Seconds in a circuit format, Rest 1 minute and repeat!

INSTRUCTIONS

Pick between 4-12 exercises from the lists below to form a circuit (try to pick exercises that work different parts of your body e.g. **upper body**, **lower body** and **abs**). Perform each exercise for 30 seconds with a 30 second rest between exercises. Repeat until you have completed all your chosen exercises. If you are feeling good then repeat your circuit again after a 2 minute rest. This can be repeated up to 4 times! To make things harder, try adding more exercises to your circuit or perform more reps during your 30 seconds!

Bodyweight Exercises	Kettlebell Exercises	Dumbbell Exercises	Abs Exercises
<ol style="list-style-type: none">1. High knees2. Burpees3. Mountain climbers4. Star jumps5. Squats6. Lunges7. Press Ups	<ol style="list-style-type: none">1. Kettlebell swings2. Goblet Squats3. Single-arm shoulder press4. Reverse lunges	<ol style="list-style-type: none">1. Goblet/Front Squats2. Deadlifts3. Shoulder Press4. Lunges5. Bicep Curls6. Bent Over Row7. Lateral Raises	<ol style="list-style-type: none">1. Crunch2. Plank3. Side plank4. Dead bug



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