

Bodyweight Circuit Sessions

Full body 1

Full body 2

EMOM Press-ups

Shadow Boxing Focus

Circuit Builder

Full Body Circuit Session 1 (~40mins)

Warm up (5 mins)

Short jog, stretch out.

Upper Body (45 sec on, 15 sec off)

Press-ups

Punches (sharp straight 1-2s)

Spiderman walks

Wide arm press-ups

Straight arm circles

Press-up holds (10 sec down and hold, 15 sec up in front support)

2 minute rest

Lower Body (45 sec on, 15 sec off)

Squats

Lunges

Alternating squats

Jumping lunges

Wide to narrow jump squats

Single leg hip bridge (change leg half way)

2 minute rest

Core (45 sec on, 15 sec off)

Crunches

Butterfly kicks

Pull the rope

V-sit ups

Bicycle

Plank

2 minute rest

Full Body (45 sec on, 15 sec off)

Burpees

Mountain climbers

Tuck jumps

Burpees

Cool Down (5 mins)

Jog, stretch.

Full Body Circuit Session 2 (30 - 45 mins)

Warm up (5 mins)

Short jog, stretch out.

Round 1 (30 sec on, 10 sec off *OR* 45 sec on, 15 sec off)

UB - Press ups

LB - Squats

C - Crunches

FB - Burpees

UB - Punches

LB - Lunges

C - Butterfly kicks

FB - Tuck jumps

1 minute rest

Round 2 (30 sec on, 10 sec off *OR* 45 sec on, 15 sec off)

UB - Straight arm circles

LB - Alternating squats

C - Pull the rope

FB - Mountain climbers

UB - Press-up holds

LB - Single leg hip bridges

C - Bicycle

FB - Burpees

1 minute rest

Repeat 1&2

Cool down (5 mins)

Jog, stretch.

EMOM Press-ups Circuit Session (~45mins)

Warm up (5 mins)

Short jog, stretch out.

EMOM Press-ups (5 mins)

Every minute on the minute, 10 - 15 - 20 - 15 - 10 press-ups.

1 minute rest

Lower Body (45 sec on, 15 sec off), repeat x 2

Squats

Lunges

Wide to narrow jump squats

2 minute rest

EMOM Press-ups (5 mins)

Every minute on the minute, 15 - 20 - 25 - 20 - 15 press-ups.

1 minute rest

Core (45 sec on, 15 sec off)

Crunches

Butterfly kicks

Russian twists

Leg raises

Pull the rope

Varied plank (1min 30)

2 minute rest

EMOM Press-ups (5 mins)

Every minute on the minute, 10 - 15 - 20 - 15 - 10 press-ups.

1 minute rest

Full Body (45 sec on, 15 sec off)

Burpees

Mountain climbers

Tuck jumps

Cool Down (5 mins)

Jog, stretch.

Shadow Boxing Circuit Session (30 - 45 mins)

Warm up (5 mins)

Short jog, stretch out.

Shadow Boxing Round 1 (1-2 mins each)

Footwork only

Jab

Backhand

Both hands

1 minute rest

Bodyweight Exercises Round 1 (30 sec on, 10 sec off *OR* 45 sec on, 15 sec off)

UB - Press ups

LB - Squats

C - Crunches

FB - Burpees

UB - Punches

LB - Lunges

C - Butterfly kicks

FB - Tuck jumps

1 minute rest

Shadow Boxing Round 2 (1-2 mins each)

Footwork

Block & counter

Both hands with hooks

Combinations

1 minute rest

Round 2 (30 sec on, 10 sec off *OR* 45 sec on, 15 sec off)

UB - Straight arm circles

LB - Alternating squats

C - Pull the rope

FB - Mountain climbers

UB - Press-up holds

LB - Single leg hip bridges

C - Bicycle

FB - Burpees

1 minute rest

Cool down (5 mins)

Jog, stretch.

Circuit Session Builder

EXERCISES

Upper Body

Press-ups
Punches
Spiderman walks
Wide arm press-ups
Closed grip press-ups
Straight up circles
Punching up
Press-up holds (go down, hold 10 sec, back up to front support, repeat)
Shoulder taps (in front support)
Tricep dips

Lower Body

Squats
Lunges
Jumping squats
Jumping lunges
Alternating squats
Wide to narrow jump squats
Single leg hip bridge
Wall sit

Core & Back

Crunches
Sit ups
Butterfly kicks
Pull the rope
V-sit ups
Leg raises
Russian twists
Bicycle
Plank (plus variations e.g. side plank)
Heel taps
Dead bug
Starfish
Leg circles
Dorsal raises

Full Body

Tuck jumps

Mountain climbers

Burpees

Star jumps

Bear crawl

TIMINGS

You can either structure your circuit by reps or by time. Either is good, but with a group of varying ability and fitness I have found time can be a good leveller.

Examples:

8 exercises, 30 sec on : 10 sec off, 1 min rest x 4-5 sets

5-6 exercises, 45 sec on : 15 sec off, 1-2 min rest x 3-4 sets