

### **Round 1:**

**1min walking lunges w/arms over head**

**1min sumo squats**

**30sec sprints (high knees)**

### **Round 2:**

**1min squat press**

**30sec squat jumps**

**30sec sprints (high knees)**

### **Round 3:**

**1min push ups**

**1min bent over reverse fly**

**1min chest press**

**30sec burpees**

**Complete each circuit 3X through, then move on to the next round. Rest as needed.**

**Use body weight, dumbbells, a weighted vest, household items like cans, or fill a backpack with rocks or waterbottles!**



**B A S I N**  
**R E C R E A T I O N**