

## CEF PRESEASON HOME CIRCUITS

Choose any 2 circuits per week. Focus on form and control.

Circuit 1	Circuit 2
<p><b>warm up:</b> 5 min jog OR 2 min jump rope, 25 Jumping jacks, 20 Body squats, 10 knee hugs, 10 quad pulls, 10 hip rotations, 10 calf pedals</p> <ul style="list-style-type: none"> <li>• 20 steps ups *</li> <li>• 15 Supermans</li> <li>• 20 Shoulder taps</li> <li>• 20 Jump squats*</li> <li>• 45sec-1 min Plank</li> <li>• 20 Burpees</li> <li>• 20 front lunges*</li> <li>• 25 Toe touches</li> <li>• 10-20 Push ups</li> <li>• 1 min Jump rope</li> </ul> <p>2-3 sets   30 sec rest between exercises</p> <p style="text-align: center;"><b>Cool down: Stretch</b></p>	<p><b>warm up:</b> 5 min jog OR 2 min jump rope, 25 Jumping jacks, 20 Body squats, 10 knee hugs, 10 quad pulls, 10 hip rotations, 10 calf pedals</p> <ul style="list-style-type: none"> <li>• 10 each leg raises*</li> <li>• 20 Alternating Back extension</li> <li>• 20 Elbows hands</li> <li>• 20 Single leg crunch each side</li> <li>• 20 Split squats</li> <li>• 20 Calf raises*</li> <li>• 40 Mountain climbers</li> <li>• 45sec-1 min Plank</li> <li>• 10 Inch worms</li> <li>• 10-20 Push ups</li> </ul> <p>2-3 sets   30 sec rest between exercises</p> <p style="text-align: center;"><b>Cool down: Stretch</b></p>
Circuit 3	Circuit 4
<p><b>warm up:</b> 5 min jog OR 2 min jump rope, 25 Jumping jacks, 20 Body squats, 10 knee hugs, 10 quad pulls, 10 hip rotations, 10 calf pedals</p> <ul style="list-style-type: none"> <li>• 15 each back Lunge + knee lift*</li> <li>• 10 each leg Bird dog</li> <li>• 20 V ups</li> <li>• 20 Toe taps</li> <li>• 15 frog jumps</li> <li>• 10-20 Dips (use chair)</li> <li>• 45sec-1 min Plank</li> <li>• 20 skiers</li> <li>• 15 Fire hydrants each leg</li> <li>• 20 Shoulder taps</li> </ul> <p>2-3 sets   30 sec rest between exercises</p> <p style="text-align: center;"><b>Cool down: Stretch</b></p>	<p><b>warm up:</b> 5 min jog OR 2 min jump rope, 25 Jumping jacks, 20 Body squats, 10 knee hugs, 10 quad pulls, 10 hip rotations, 10 calf pedals</p> <ul style="list-style-type: none"> <li>• 10 each leg raise + extension</li> <li>• 1 min Wall sits</li> <li>• 15 Bridges</li> <li>• 10-20 Dips</li> <li>• 30 sec High knees</li> <li>• 40 Bicycle</li> <li>• 15 Cross squats</li> <li>• 45sec-1 min Plank</li> <li>• 20 Elbows hands</li> <li>• 20 Side jumps*</li> </ul> <p>2-3 sets   30 sec rest between exercises</p> <p style="text-align: center;"><b>Cool down: Stretch</b></p>

\*add light weight/ankle weight if easy

## Running Workouts

### **Workout 1: Hill Runs**

6-10 hill runs (long hill runs for strength and endurance, short hill sprints for speed and power)

### **Workout 2: Fartlek Run**

Sprint for 30 seconds Jog/walk for 30 Secs (5 minute intervals, Rest for 3-5 minutes)  
3-5 sets

### **Workout 3: Ladder (modify length of runs as needed)**

Run hard for 30 seconds | Rest for 1 minute

Run hard for 1 minute | Rest 2 minutes

Run hard for 2 minutes | Rest for 5 Minutes

Run hard for 3 minutes | Rest 7 minutes

Run hard for 2 minutes | Rest 5 minutes

Run hard for 1 minute | Rest for 2 minutes

Run hard for 30 seconds | Rest for 1 minute

### **Workout 4: Mile Run**

### **Workout 5: Stairs Runs**

If you have a set of stairs near your home or inside your home

### **Workout 6: Run the Block**

Designate exercises for each corner or landmark. Have athletes start at one corner/cone perform the exercise then sprint to the next. **4-8 exercises per circuit | Rest for 5 minutes | perform 2-4 rounds (choose exercises from the home circuit lists or choose you own)**

### **Workout 7: Family Relay**

Choose a time or distance, have each family member run for the designated time/distance and pass the "baton" (use a banana, or anything else you can find to serve as the baton).  
Repeat