



Hamilton Area YMCA

CIRCUIT WORKOUT FOR BUSY GYMNASTS

- 25 Jumping Jacks
- 10 Crunches
- 30-Second Plank
- 25 High Knees
- 5 Straddle Jumps
- 15 Crunches
- 10 Squats
- 5 Tuck Jumps
- 10 Crunches
- 30-Second Plank
- 10 Squats
- 25 Jumping Jacks
- 10 Crunches
- 1-Minutes Wall Sit
- 5 Tuck Jumps
- 25 High Knees
- 30-Second Plank

