

360 League Training/Workout (Physical Fitness Circuit)



Important Note: Always consult your parents/guardian and physician before starting this or any other workout program.

Warm Up: Complete 1-2 rounds of each warm-up for 30 seconds.

- Jogging on the spot
- Arm circles
- Knee Hugs
- Lateral Lunges/Toe Reach
- Forward Lunges
- Open/Close the gates
- Squat/T-spine rotation
- High knees
- Jump rope

First Set: 2-3 Rounds of each exercise

- Push Ups: 10 reps.
- Squat: 20 reps.
- Spiderman Plank: 10 Reps.

Second Set: 2-3 Rounds of each exercise.

- Push up/Superman: 10 Reps.
- Jump Lunges: 20 Reps.
- Plank Reach: 10 Reps.

Third Set: 2-3 Rounds of each exercise.

- Burpees: 10 Reps.
- Squat Toe Tap: 20 Reps.
- Bear Plank Crawl: 10 Reps.

Cool Down: Breathe deeply and calmly while cooling down to deliver oxygen to your muscles, release tension, and promote relaxation.

- 3-5 minutes of easy exercise such as walking on the spot.
- 5 to 10 minutes of low-intensity, long-hold (30 to 60 seconds) upper and lower body static stretching.
- Re-hydrate with water & re-fuel with healthy protein enriched foods.
- Get a good night sleep.



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