**Stadium Circuit - (35 minutes max outside)**

**Minutes**

5  Jog on track for warm-up  
5  Stretching  
1  Stadium stairs  
.5  Stations (choose 1)  
   leg kicks/back hyper extension, sit-ups, pushups, lunges, step-ups  
1  Sprints/lines  
1  Stadium stairs  
.5  Stations (choose 1)  
1  Lateral shuffle run  
1  Stadium stairs  
.5  Stations (choose 1)  
1  Sprints/lines  
1  Stadium stairs  
.5  Stations (choose 1 and move)  
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.5  Stations (choose 1 and move)  
1  Stadium stairs  
.5  Stations (choose 1)  
1  Lateral shuffle run  
1  Stadium stairs  
.5  Stations (choose 1)  
1  Sprints/lines  
1  Stadium stairs  
5  Jog on track

**Weight room (15 minutes)**

Do a circuit on pin select with little to no rest between stations  
Work the entire body. 15 reps each machine  
5 minutes of stretching