

## Standard Recommended Strength Circuits

### Warm Up Stretches + Drills

#### Beginner (Leagues):

##### Leg Circuit:

[10 x calf raises  
12 x single leg quad extensions  
12 x single leg hamstring curls  
30 x Air Squats  
2-3min break] x 3

##### Core Circuit:

[15 x situps  
15 x Russian Taps  
15 x Back Hyperextensions/Supermans  
30s plank  
2-3min break] x 4

##### Arm Circuit:

[15 x Single arm Bicep Curls (each arm)  
15 x Triceps Dips  
15 x Shoulder Flys  
12 x Upright Rows  
12 x Lat Pulldowns  
2-3min break] x 3

#### Intermediate (Districts):

##### Leg Circuit:

[15 x calf raises  
12 x single leg quad extensions  
12 x single leg hamstring curls  
12 x double leg press (come up onto toes)  
2-3min break] x 3

##### Core Circuit:

[20 x situps  
20 x Russian Taps  
20 x Back Hyperextensions/Supermans  
60s plank  
2-3min break] x 4

##### Arm Circuit:

[15 x Single arm Bicep Curls (each arm)  
15 x Triceps Dips  
15 x Shoulder Flys  
12 x Upright Rows  
12 x Lat Pulldowns  
2-3min break] x 3

Advanced (States):

Leg Circuit:

[15 x calf raises  
12 x single leg quad extensions  
12 x single leg hamstring curls  
12 x single leg press (come up onto toes)  
2-3min break] x 3

Core Circuit:

[25 x situps  
25 x Russian Taps  
25 x Back Hyperextensions  
90s plank  
2-3min break] x 4

Arm Circuit:

[15 x Single arm Bicep Curls (each arm)  
5 x Body Weight Dips  
15 x Shoulder Flys  
12 x Upright Rows  
5 x Pull Ups  
2-3min break] x 3

Sub Elite (New England):

Leg Circuit:

[15 x calf raises  
12 x single leg quad extensions  
12 x single leg hamstring curls  
12 x single leg squats  
2-3min break] x 3

Core Circuit:

[30 x situps  
30 x Russian Taps  
30 x Back Hyperextensions  
60s plank w/ leg raises  
2-3min break] x 4

Arm Circuit:

[15 x Single arm Bicep Curls (each arm)  
10 x Body Weight Dips  
15 x Shoulder Flys  
12 x Upright Rows  
10 x Pull Ups  
2-3min break] x 3

Elite (Nationals):

Leg Circuit:

[15 x calf raises  
12 x single leg quad extensions  
12 x single leg hamstring curls  
12 x single leg press (come up onto toes)  
12 x single leg squats  
2-3min break] x 3

Core Circuit:

[50 x situps  
50 x Russian Taps  
50 x Back Hyperextensions  
90s plank w/ leg raises  
2-3min break] x 4

Arm Circuit:

[15 x Single arm Bicep Curls (each arm)  
15 x Body Weight Dips  
15 x Shoulder Flys  
12 x Upright Rows  
15 x Pullups  
2-3min break] x 3