

“Power 10” Mini-Circuits: Substitutions

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Directions: To add more variety, substitute the following exercises in place of your normal cardio stations as desired. Try to use exercises from *all three* extra categories.

BALANCE

“Balance Training Is Fall PREVENTION!”

- 1-Leg Stance (Static)
- 1-Leg Stance (Head Turn)
- 1-Leg Stance (Tennis Ball Catch)
- Cone Reach + Tennis Ball (3 Cone Levels)

CORE

“CORE Is Your Pillar Of Strength!”

- Bridges (Deep Core: Face Up, Face Down, Sides)
- Bird Dog Extensions (Deep Core, Glutes)
- Starfish Crunch (ABS & Obliques)
- Superman Pointer-Alternating Limbs (Back, Glutes)

SPINAL MOBILITY

“Move Better With Less Pain!”



- Press Ups (Spinal Extension)
- Cat/Camel (Spinal Flexion/Extension)
- Lateral Reach (Spinal Flexion)

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