



AUGUST WORKOUT OF THE MONTH

“THE SACRED TWENTY”

SEAL BEACH BEAT DOWN
Circuit Training
Levels 1 - 30 seconds
<ol style="list-style-type: none"> 1. Jump Rope 2. Squats on Bosu Ball 3. Push-up Clock 4. Oblique Twist 5. Burpees 6. Bicycles
Level 2 – 1 minute
<ol style="list-style-type: none"> 1. Jump Rope 2. Squats on Bosu Ball 3. Push-up Clock 4. Oblique Twist 5. Burpees 6. Bicycles
Levels 1 & 2
<p>Level 1: each exercise will be performed for a duration of 30 seconds, followed by running a lap around the gym or designated area before proceeding to the next station.</p> <p>For a more advanced workout, the individual will perform level 2 for a duration of one minute followed by running a lap around the gym before proceeding to the next station.</p>
<p>Note: Exercises are to be performed at different levels and repeated for 4 sets depending on the individual’s fitness level and time permitting. The time for each exercise will depend on the fitness level of the individual. Level 1 – 30 seconds, & Level 2 – 1 minute. Exercises can be performed with or without equipment.</p>