

DAREBEE.COM RESOURCE GUIDE

Circuit Training 1 / Focus: Upper body/Core

Red - Cardiovascular Fitness

- Jumping Jacks
<http://darebee.com/exercises/jumping-jacks.html>

Orange - Muscular Fitness

- Push-Ups
<http://darebee.com/exercises/push-ups.html>

Yellow - Skill Related Fitness

- Side Star Planks (Balance)
<http://darebee.com/exercises/side-star-planks.html>

Green - Cardiovascular Fitness

- Straight Punches
<http://darebee.com/exercises/punches-exercise.html>

Blue - Muscular Fitness

- Knee-Elbow Crunches
<http://darebee.com/exercises/knee-elbow-crunches.html>

Purple - Skill Related Fitness

- Plank Arm Raises (Balance, Coordination)
<http://darebee.com/exercises/plank-arm-raises.html>

See the entire Darebee.com Video Exercise Library
<http://darebee.com/exercises.html>