

Pick Your Circuit

Level I

TENNIS COURTS

1

2

3

MULTIPURPOSE TURF

4

5

UREC
GATEHOUSE

MAP

PAVILION

12

BASKETBALL
COURTS

11

10

EVENT LAWN

6

VOLLEYBALL
COURTS

7

8

9

TURNER
ASHBY
MONUMENT



UNIVERSITY PARK PICK YOUR CIRCUIT LEVEL I

	Location	Exercise	
START	Gatehouse	WALK AT A STEADY PACE TOWARDS THE TENNIS COURT	2-3 minutes
STATION #1	Tennis Court	REGULAR SQUAT	10 repetitions
STATION #2	Bottom of the curve	BURPEES	5 repetitions
		JUMP SQUATS	12 repetitions
STATION #3	Overlooking athletic track	JUMPING JACKS	15 repetitions
		LUNGES	10 repetitions
STATION #4	Bottom of steps	STAIR SET I--JOG UP/WALK DOWN	
		STAIR SET II--RUN UP/WALK DOWN	
		STAIR SET III--OPTIONAL	
		STAIR SET IV--TOE TAPS ON EDGE OF STEP	1 minute
STATION #5	Bottom of steps leading to Gatehouse	STANDING CALF RAISES	1 minute
		SPRINT UP TO STATION #6	
STATION #6	Side of maintenance shed	PLANK	30 seconds
		SIDE PLANK	30 seconds each side
STATION #7	Volleyball Court	HIGH KNEES	1 lap around the court
STATION #8	Bottom of hill	JOG UP HILL, WALK DOWN HILL	1 time
STATION #9	Fence line, top corner of UPARK	GLUTE LIFTS (hands on fence) RIGHT/LEFT	10 repetitions each side
STATION #10	Event Lawn	DASH DOWN & BACK	1 time
STATION #11	Basketball Courts	SPECTATOR AREA--STEP/JUMP UP, WALK DOWN	10 repetitions
	Basketball Courts	BASELINE OF COURT #2--LADDER SPRINTS	1 time
	Basketball Courts	SPECTATOR AREA--INCLINE PUSH-UPS ON THE STEP	10 repetitions
	Basketball Courts	LOWER BASKETBALL COURT--SIDE SHUFFLE AROUND THE COURT RIGHT, THEN LEFT	1 lap around the court
		LOWER BASKETBALL COURT--TRICEP DIPS OFF THE BENCH	10 repetitions
STATION #12	Pavement	COOL-DOWN WALK TOWARDS THE PAVILLION	
END	Pavillion Overlook	STRETCHING	