

Pick Your Circuit

Level III

TENNIS
COURTS

MULTIPURPOSE TURF

UREC
GATEHOUSE

BASKETBALL
COURTS

PAVILION

EVENT LAWN

VOLLEYBALL
COURTS

MAP



UNIVERSITY PARK PICK YOUR CIRCUIT LEVEL III

	Location	Exercise	
START	Gatehouse	WALK AT A STEADY PACE TOWARDS THE TENNIS COURT	2-3 minutes
STATION #1	Tennis Court	REGULAR SQUAT	25 repetitions
STATION #2	Bottom of the curve	BURPEES	12 repetitions
		JUMP SQUATS	20 repetitions
STATION #3	Overlooking athletic track	JUMPING JACKS	40 repetitions
		LUNGES	20 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/x3
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	1 minute
		SIDE PLANK	1 minute each side
STATION #7	Volleyball Court	HIGH KNEES	3 laps around the court
STATION #8	Bottom of hill	JOG UP HILL, WALK DOWN HILL	3 times
STATION #9	Fence line, top corner of UPARK	GLUTE LIFTS (hands on fence) RIGHT/LEFT	20 repetitions each side
STATION #10	Event Lawn	DASH DOWN & BACK	3 times
STATION #11	Basketball Courts	SPECTATOR AREA--STEP/JUMP UP, WALK DOWN	20 repetitions
	Basketball Courts	BASELINE OF COURT #2--LADDER SPRINTS	3 times
	Basketball Courts	SPECTATOR AREA--INCLINE PUSH-UPS ON THE STEP	20 repetitions
	Basketball Courts	LOWER BASKETBALL COURT--SIDE SHUFFLE AROUND THE COURT RIGHT, THEN LEFT	3 laps around the court
		LOWER BASKETBALL COURT--TRICEP DIPS OFF THE BENCH	20 repetitions
STATION #12	Pavement	COOL-DOWN WALK TOWARDS THE PAVILLION	
END	Pavillion Overlook	STRETCHING	