

Renegade – Athletic Circuits Reinvented

1. Introduction

Using a variety of functional training equipment, this high energy workout encourages you to meet challenge and unpredictability head on. Leave with a unique format that will work your body from head to toe. Train the rebel in you and push the boundaries!

2. Why Circuits?

- A. Maximize time
- B. Improve any fitness component
- C. Progress athletic skills
- D. Ignite metabolism
- E. Change up routine

3. Athletic Circuit Goals

- A. Muscular strength /endurance
 - 1. Ability to sustain muscular force production and skill execution
 - 2. Time under tension
- B. Metabolic training
 - 1. Execute drills at moderate to high speed to increase metabolic rate
 - 2. Intensity levels range from moderate steady state to lactate threshold
- C. Athletic skill development
 - 1. Agility and coordination
 - 2. Balance and reactivity
 - 3. Mobility and stability
 - 4. Speed and power

4. Renegade Circuit Format

- A. Super-Sets
 - 1. Each station consists of 2 exercises/drills using the same equipment
 - 2. The 2 exercises/drills focus on different body parts
 - 3. Perform Drill A for 1 minute; transition to Drill B for 1 minute
 - 4. Movement is controlled, full range of motion
- B. Metabolic Mash-Up
 - 1. After each 2-exercise station, participants move to the center
 - 2. Metabolic drills are done in progressive “ladder” format; 30-sec drills
 - 3. Drills are performed in the same order each set + one 30 sec add-on

Renegade Circuit - Exercises and Drills

Warm-Up	
1) Squats to Thoracic Mobility	2) Alternating Squat to Forward Lunge
3) Lateral Lunge, Hinge, Lateral Lunge, Hip Drive	4) Rotary Hip Drive to Cross Reach to Diagonal
5) Stork/Single Leg Squat to Sprinter Lunge	6) Plank Leg/Arm Lifts to Push-Up Side Plank
7) Quick Lateral Shuffle Ankle Tap	8) Lateral Leap Ankle Tap

Drill Name & Equipment	Execution
Diagonal Lunge Sumo Jump <i>(BOSU® Balance Trainers)</i>	<ul style="list-style-type: none"> * Stand centered, facing 2 Balance Trainers * Step diagonally to a forward lunge on one BT; repeat other side * Jump to a sumo squat with one foot on each BT; hold * Jump or step down to starting position
Biased Push-Up Side Plank <i>(BOSU® Balance Trainers)</i>	<ul style="list-style-type: none"> * Begin in plank with outside hand on Balance Trainer, inside on floor * Push-up, then lift inside arm and rotate into side plank * Rotate back into push-up position * Exchange hands and repeat on other side
Metabolic Mash-Up	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds
Row Hip Block Sweep <i>(Surge®)</i>	<ul style="list-style-type: none"> * Stand holding the Surge in front of body with neutral hand grip * Hinge forward from hips w/flat back; row Surge down and up * Sweep the Surge to one side by driving one arm down and across body while extending and pivoting toward same side hip and leg
Cradle Squat <i>(Surge®)</i>	<ul style="list-style-type: none"> * Stand holding the Surge in a cradle grip at shoulder height * Lower to squat position, keeping the chest lifted & back straight * Stand back up to start * Keep water motion quiet throughout
Metabolic Mash-Up	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds * Fast Feet – 30 seconds
Forward Lunge Side Lunge <i>(BOSU® Balance Trainer/POWERSTAX™)</i>	<ul style="list-style-type: none"> * Start behind Balance Trainer/STAX * Step to deep forward lunge on dome; continue up to balanced knee lift; lower to side squat; return to knee lift balance; step back to deep lunge; step to start position on floor; Repeat other side
Elbow Plank Knee Taps <i>(BOSU® Balance Trainer/POWERSTAX™)</i>	<ul style="list-style-type: none"> * Start in elbow plank position with forearms on dome * Pull R knee toward R elbow; repeat L knee toward L elbow * Pull R knee across toward L elbow; repeat L knee toward R elbow * Try to bump knee to dome on each tap
Metabolic Mash-Up	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds * Fast Feet – 30 seconds * Split Lunge Jumps – 30 seconds
Lateral Lunge Halo <i>(Kamagon Ball®)</i>	<ul style="list-style-type: none"> * Holding the Kamagon in one hand, lunge to the same side and swing the ball to a lateral raise * Step back center, grip both handles, and move the ball in a halo around the head, then repeat sequence to the other side
K-Swing Single, Double, Flip <i>(Kamagon Ball®)</i>	<ul style="list-style-type: none"> * Stand with the feet wide, holding one handle * Swing with single arm thru the legs 2x, alternating sides * Swing the ball with both arms thru the legs 1x * Swing with both arms, then flip and catch opposite handle
Metabolic Mash-Up	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds * Fast Feet – 30 seconds * Split Lunge Jumps – 30 seconds * Speed Skater – 30 seconds

<p>Front Side Slam <i>(BOSU® Balance Trainer/Ballast Ball)</i></p>	<ul style="list-style-type: none"> * Stand behind a Balance Trainer, holding a Ballast Ball * Jump to the dome and slam the ball to the floor in front * Jump back to the floor and slam the ball to the dome * Jump to the dome, lunge R then L with lateral slams; step to floor
<p>Plank Straddle Walk Up <i>(BOSU® Balance Trainer/Ballast Ball)</i></p>	<ul style="list-style-type: none"> * Straddle the BOSU dome with feet on the floor * Place Ballast Ball on floor in front and walk out to elbow plank * Holding plank, walk the feet up, up, down, down from straddle * Alternate lead leg on walk-ups
<p>Metabolic Mash-Up</p>	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds * Fast Feet – 30 seconds * Split Lunge Jumps – 30 seconds * Speed Skater – 30 seconds * Crossover Run – 30 seconds
<p>Battering Ram Shoulder Carry <i>(Surge®)</i></p>	<ul style="list-style-type: none"> * Stand holding the Surge in front of body with neutral hand grip * Step to one side and thrust the Surge to the side and back * Sweep the Surge to the same side shoulder carry position * Holding Surge on shoulder, lunge forward; Repeat sequence R & L
<p>Single Leg Deadlift <i>(Surge®)</i></p>	<ul style="list-style-type: none"> * Stand holding the Surge in front of body with neutral hand grip * Balance on one leg; hinge from hips; lifting back leg * Lower Surge toward floor; lift back to start and repeat with other leg
<p>Metabolic Mash-Up</p>	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds * Fast Feet – 30 seconds * Split Lunge Jumps – 30 seconds * Speed Skater – 30 seconds * Crossover Run – 30 seconds * Jumping Jacks – 30 seconds
<p>Hip Bridge <i>(BOSU® Balance Trainers)</i></p>	<ul style="list-style-type: none"> * Lean against Balance Trainer dome with hips on floor, arms lifted * Place feet on Balance Trainer platform, shoulder width apart * Lift hips into bridge, pause and lower back to floor
<p>Rock & Roll Burpee <i>(BOSU® Balance Trainers)</i></p>	<ul style="list-style-type: none"> * Stand between 2 Balance Trainers, facing the platform side up * Place hands on platform, jump to burpee w/feet on dome * Jump center; squat to sit; roll back to supine balance; Repeat
<p>Metabolic Mash-Up</p>	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds * Fast Feet – 30 seconds * Split Lunge Jumps – 30 seconds * Speed Skater – 30 seconds * Crossover Run – 30 seconds * Jumping Jacks – 30 seconds * High Knee Hand Touch – 30 seconds
<p>Supine Ball Pass <i>(BOSU® Ballast® Ball)</i></p>	<ul style="list-style-type: none"> * Lie supine holding ball above chest; legs lifted to 90 degree hip flex * Lower legs and arms simultaneously * Raise legs and arms, switching ball from hands to feet; Alternate
<p>Balanced Bird Dog <i>(BOSU® Ballast® Ball)</i></p>	<ul style="list-style-type: none"> * Lie prone on ball with toes and fingertips on floor * Simultaneously lift one leg and the opposite arm * Hold 2 – 3 seconds, then lower and repeat on opposite sides
<p>Metabolic Mash-Up</p>	<ul style="list-style-type: none"> * Squat Jumps – 30 seconds * Fast Feet – 30 seconds * Split Lunge Jumps – 30 seconds * Speed Skater – 30 seconds * Crossover Run – 30 seconds * Jumping Jacks – 30 seconds * High Knee Hand Touch – 30 seconds * Power Skip – 30 seconds

Renegade – Circuit Diagram

Hip Bridge	Supine Ball Pass	Diagonal Lunge Sumo Jump
Rock & Roll Burpee	Balanced Bird Dog	Biased Push-Up Side Plank
Battering Ram Shoulder Carry	Squat Jumps Fast Feet Split Lunge Jumps Speed Skater Crossover Run Jumping Jacks High Knee Hand Touch Power Skip	Row Hip Block Sweep
Single Leg Deadlift		Cradle Squat
Front Side Slam	Lateral Lunge Halo	Forward Lunge Side Lunge
Plank Straddle Walk Up	K-Swing Single, Double, Flip	Elbow Plank Knee Taps

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