



Dr. Borbón's 90 sec Circuit

*This is a relative but still intermediate workout. It's not for beginners. Better to go more easy the first time through just to get acquainted to it. Then see the note under "***".

*Overview: Exercises for 45sec on/off x2 then 90sec run @75% of top speed. Rest 90sec = 1 set

*Do 3-5 sets.

**If running at the track, note how far you go in 90 sec. You shouldn't be able to make the same distance each time. Ex: Set 1: 400m, Set 2: 410m, Set 3: 395m Set 4: 385m, Set 5: 370m (You shouldn't have gas left in your tank toward the end. If you do, you're intensity is too low. It might take you a couple times before you dial in your intensity.

Set 1 (a 45s, rest 45s; b 45s, rest 45s)x2

- a. Squats (or Jump Squats- not high)
- b. Push Ups
- c. 90s Run

Set 2

- a. Lunges
- b. Bear Crawl
- c. 90s Run

Set 3

- a. Very Low Side Lunges Rightward (round two Leftward)
- b. Abs: Feet 6" off ground, crunch position and R/L torso rotations (smooth & controlled)
- c. 90 s Run

Set 4

- a. Front-Backs (small quick hops back and forth over a line)
- b. Sky Divers (on belly getting into a sky dive position hold for a 3 count rest for 1 count)
- c. 90s Run

Set 5

- a. Side-Side (small quick hops side to side over a line-keep feet parallel)
- b. Hip Ups (On back, raise pelvis very high, push through heels, squeeze glutes, hamstrings, low abs – hold 3 count rest 1 count)
- c. 90s Run