

**Game/Activity:** Light Weight Total Body Workout

**Grade Level:** Middle/Secondary

**Description:**

Warm-up

Jogging/skipping/high knees/butt kicks  
Alternating Step-ups  
Step up toe taps  
Up and over step (skaters)

Circuit

10 Dumbbell flies  
10 Wide grip rows  
10 Dead Lifts  
30 Butt kicks with hammer curls  
20 Crossover lunges with dumbbell curls  
30 Jumping jacks with dumbbell presses  
10 Triceps dips on step  
30 Mountain Climbers /hands on step  
20 Plank on step/ Alternating leg raises  
10 Dumbbell squats  
20 Alternating back lunges with dumbbell curls  
10 Bent over row with triceps kickback  
10 Oblique leg raises R  
10 Oblique leg raises L  
20 Inner thigh diagonal leg raises L/R (sit on step, 1 knee bent at 90, other leg straight with toe pointed out to side, lift leg diagonally up to touch bent knee)  
20 Sumo Squats (toes pointed out to side)

Complete circuit again.

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