

Boo Schexnayder's Taurus Circuit. (Adapted from Exercises for Sports Performance Training)

1. Pushups
2. Prisoner Squats
3. V situps

http://www.youtube.com/watch?v=7H_XE41Pugk&feature=relmfu

4. Supermans
5. Clap Pushups
6. Rocket Jumps
7. Straight Body dips
8. Cossack Extensions – Plia squat position, feet at 45 degrees. Torso leans forward. Left leg extends out while right leg in squat, bring left leg back in. Repeat with right leg.

<http://www.youtube.com/watch?v=zIBwnvtFh9Q>

9. L Overs – on your back, arm form a letter T, legs up at 90 degrees so that your body shapes the letter L. Keeping your legs as straight as possible, move your legs to your left all the way to the floor/ground. Bring them back to centre, and then go to the right.
10. Wrestler's Bridge – on your back, hands and feet on the floor, raise your body up, head down.

<http://www.youtube.com/watch?v=JaV9deN4mol&feature=relmfu>

11. Swimming. On your front. Head up. Breast stroke motion with your hands, and flutter kick with your legs.
12. Burpees