

Circuit Training for Handball



- 30 Seconds On – 30 Seconds Rest
- 2 Minutes Rest Between Circuits
- Circuits to be completed 3 times
- Select ten exercises from the list



1. Star Jumps

Arms down & legs together
=> Arms up & legs out



2. Abdominal Crunch

Hands on temples. Keep lower back & soles of feet on the floor.



3. Push-Ups

Hands shoulder width apart. Keep body in a straight line. Ladies can use knees.



4. Knee Jumps / Box Jumps

To a Step/Box or else to elbow height



5. Skipping

As many and as fast as possible. Vary skipping styles.



6. Burpees

Drop flat to floor then jump straight to height.



7. Light Weights

Hands by side, to elbow curl, to shoulder raise



8. Sprints

In & out to various lines/cones. Vary to include side to side movements.



9. Plank

Balance on the forearms, holding the body in a straight line. Engage core, keeping knees & thorax off the floor.



10. Wall Sits

Knees at 90 degrees, back straight against wall



11. Medicine Ball Throws

With a partner, vary throws from left side to right side



12. Back Extensions

Hands on head, raise shoulders up off floor, holding for 5 seconds before relaxing.



13. Squats

Keep back as straight as possible, bend knees keeping heels on floor



14. Trunk Rotation

Back straight, hold medicine ball out in front of the body and rotate side to side



15. Step-Ups

Step up one foot at a time onto a bench/chair.



16. Lunges

Back straight, lunge forward with one foot, keeping your arms by the side

