

# Circuit Training for Injury Prevention and General Strength

## Tips:

- Start with #1 in the red box and progress through all exercises numbered 1 following the arrows.
- Repeat with exercises numbered 2.
- Complete this routine on a soft surface such as an artificial turf or grass field.
- Progress from one exercise to the next, but don't rush.
- This is an advanced routine – decrease reps and time to make it easier.
- For added difficulty, perform the entire circuit barefoot.
- Do this routine once per week after at least two miles of easy running.

