

British Sailing Team Hiking Circuit

1 minute per exercise, 1 minute rest between exercises. Rest for 5 minutes and perform second circuit

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Hip Bridges							
Plank							
Side Plank Left							
Side Plank Right							
Squat							
V-Sit							
Lunges							
Wall Sit							

Hip Bridges	Also known as glute bridges. Lie face up on the floor, with legs bent at 90° and feet flat on floor. Squeeze your glutes and press into your heels to raise your hips until your body forms a straight line from shoulders to knees. Slowly lower back to the starting position. Repeat.
Plank	Get into a press up position, with your body making a straight line from head to heels. Engage your core and glutes and hold for 1 minute.
Side Plank	Lie on your side with your feet together, one on top of the other. Raise yourself on your forearm, with your elbow directly beneath your shoulder, until your body forms a straight line from head to heels. Hold for 1 minute.
Squat	Place feet shoulder width apart. Keeping feet flat on the floor, lower into a squat position – your knees should be around 90° or lower. Push back up to a standing position, focusing the effort more through the heels rather than the toes. Repeat.
V-Sit	The video shows a few progressions. Start with the easiest – lie on your back and raise your torso up using your hands as support behind you. Keeping your legs as straight as possible, raise your feet up to form a V-shape, then lower to the floor. The elbow variation is here, and the final position is demonstrated here. You can also find good descriptions of some variations here .
Lunges	Keeping your body upright with a straight back, step one leg forward and lower your hips until both knees are at a 90° angle. Your front knee should be directly above your ankle (i.e. not in front of your toes), and your rear knee should not touch the floor (or only brush it lightly). Keeping your weight in the heel of the front foot, push back up to the standing start position.
Wall Sit	Put your back against a wall and get your knees bent at a 90 degree angle (as if there was a chair). Hold for 1 minute