## REGIS UNIVERSITY'S NEW BACHELOR OF SCIENCE IN HEALTH AND EXERCISE SCIENCE CAN HELP YOU:

- Work toward a career in health and wellness, personal training or community health
- Prepare you for graduate studies in physical therapy, sports medicine or a variety of health related fields
- Impact health care policy and practice in order to make a real difference in people's lives

Attend an information session. Learn more at Regis.edu/HES

## TEST YOUR LIMITS

## **CIRCUIT TRAINING**

JUMP ROPE 1 Minute
HIGH KNEES 1 Minute
BUTT KICKS 1 Minute
JUMPING JACKS 1 Minute
BURPEES Do 20
PUSH UPS Do 10
TRICEP DIPS Do 10

**RUN 10 MINUTES** 

**REPEAT SET 2 TIMES** 



