Hey Will!

I attached some ideas for simple circuits.  You will have to come up with the sets and the reps on your own.  Basically you have 5 categories (cardio, upper body, lower body, core, full body), and you need to include one exercise from each category in your circuit.  For example:

Cardio-jog 2 laps around weightroom

Upper body-12 x bench press

Lower body-12xback squat

Core-1-min. planks

Full Body-10xburpees

Then repeat the circuit as many times as you want.  Add whatever exercise you like into the proper categories and make up your own circuits.  Be creative and have fun man!  Hope it helps a little!  Great seeing you, have a great year!

Hi William,

You could do lots of things with jump ropes. We usually do each exercise for 30-45 sec and switch feet but keep the jump roping continuous to keep heart rate up. We do regular jump rope, alternate legs, right foot only, left foot only, backwards, side to side movement, things like two right foot two left foot, jump like you were going to do a squat, etc.  You could do these alone or you could do a short run then jump rope and repeat. Others we do is like a 100 or 200 m run with the following after then repeat another run and exercise. Things to try would be jumping jacks, burpees, standing squats, squats on one leg, push-ups, high knees, line jumps forward and back and side to side, crunches, twists left to right standing up, etc. Let me know if you have questions.  It was good seeing you!   
  
Sent from my iPad