

# Nokémono Judokwai

## Judo Circuits



Level	1	2	3	4	5	6	7	8	9	10	11	12
Wide Arm Press Up	2	3	4	5	5	6	7	8	9	9	10	12
Burpee	6	9	13	18	16	19	22	25	28	24	25	26
Sit Ups	6	9	13	18	16	19	22	25	28	24	25	26
Tricep Press Up	3	5	7	9	8	9	10	11	12	10	11	12
Alternate Leg Squat Thrust	8	12	18	24	22	26	30	34	37	32	34	36
Leg raises	6	9	13	18	16	19	22	25	28	24	25	26
Normal Press Up	4	6	9	12	11	13	15	17	19	16	17	18
Dorsal Raise	4	6	9	12	11	13	15	17	19	16	17	18
Trunk Curl	6	9	13	18	16	19	22	25	28	24	25	26
Set 1	45	68	99	134	121	143	165	187	208	179	189	200
Set 2	45	68	99	134	121	143	165	187	208	179	189	200
Set 3	45	68	99	134	121	143	165	187	208	179	189	200
Set 4					121	143	165	187	208	179	189	200
Set 5										179	189	200
Total Exercises	135	204	297	402	484	572	660	748	832	895	945	1000
Increase from previous level		51%	46%	35%	20%	18%	15%	13%	11%	8%	6%	6%