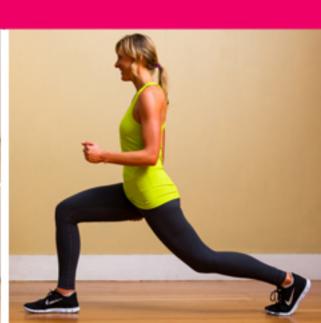
NO EQUIPMENT NECESSARY FULL-BODY Circuit Workout

After warming up with light cardio for five minutes, repeat each three-exercise circuit twice, resting for 60 seconds after completing one rep of an entire circuit.

CIRCUIT 1







STEP-UPS 20 REPS PUSH-UPS 20 REPS use your knees if necessary WALKING LUNGES 20 REPS

CIRCUIT 2









SQUAT JUMPS 15 REPS TRICEPS
DIPS
15 REPS

ELBOW PLANK
W/ LEG LIFTS
60 SECONDS
alternate leg lifts

CIRCUIT 3







WALL SIT 30 SECONDS BICYCLE CRUNCHES 10 REPS SIDE PLANKS 30 SECONDS ON EACH SIDE