

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