

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 steps total,
alternating legs.



PUSH-UPS
15 push-ups, resting
your knees on the
ground if necessary.



**WALKING
LUNGES**
Alternate sides
for 20 reps.

CIRCUIT 2



SQUAT JUMPS
Do 15 reps.



TRICEPS DIPS
Do 15 reps.

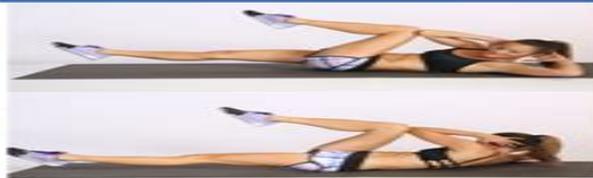


**ELBOW PLANK
WITH LEG LIFT**
Alternate legs
for 60 seconds.

CIRCUIT 3



WALL SIT
Hold for 30 seconds.



**BICYCLE
CRUNCH**
Do 10 reps.



SIDE PLANK
Hold for 30 seconds
and switch sides.

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