

# Quarantine

## (Home Workout Circuit)

30s on x 3, 30s off x 3, 1 min rest between sets



**Squats**



**Glute bridges**



**Push-ups**



**Tricep dips**



**Mountain climbers**



**Crunches**



**Lunges**



**Chair Step ups**



**Superman**

# Affordable Home Workout Ideas For Workers

**Liyong Dong**



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